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LONGMEADOW

2013

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Longmeadow High School

95 Grassy Gutter Road
Longmeadow, Ma 01106

In Remembrance

Christina Prankus

The Class of 2013 will never be complete without a member who left us ten years ago. Although not all of us could fully comprehend what was happening at the time, our second grade class was shocked to discover that Christina Prankus would not be coming back to school. I was a good friend of Christina's growing up; it was difficult not to be. She was so kind to everyone, and I can't recall her ever saying anything cruel. I remember playing in her backyard, having our first sleepover, dressing up on Halloween. Having her as a friend truly made me a better person. I know that if Christina had had more time with us, we would have all been touched by her spirit. At every milestone event in this, our last year together in Longmeadow, we should think back to Christina. She may not physically be with our class on Graduation Day, but she will surely be in our hearts. We will carry her memory with us, no matter where our paths may lead.

-Zoe Piccus

Dedication

Jimmy Formaggioni

Jimmy was a shining light whose kindness and joy could illuminate the darkest of days, and I am truly thankful to have known him on the lacrosse field and in the classroom. I know that the atmosphere of the school will be almost foreign to me due to the absence of Jimmy's glowing personality and heartfelt presence. Let us remember the cheer that Jimmy brought to all of us and carry on his memory by living our lives with the same goodness that Jimmy shared with all of us each day. There's a little something that we could all learn from Jimmy, and if we can all live with the same tenderness that he did, his memory will live on forever. Rest in peace my friend.

-Noah Gurzenski

The class of 2013 wishes to recognize Mr. Michael Mucci for his thirty-five years of dedication to the students of Longmeadow, and to congratulate him on his retirement. Mr. Mucci is retiring as director of the Instrumental Music program at Longmeadow High School, and chair of the Music Department.

Over the course of his career in Longmeadow, Mr. Mucci has taught thousands of students who participated in the music program. He brought the program to a level of quality that received local and national recognition. The program was recognized for excellence three times by the Grammy Foundation. In 2010, the Longmeadow High School Symphony Orchestra earned The American Prize in Orchestral Performance at the high school level. LHS ensembles under Mr. Mucci's direction performed throughout the region, and appeared numerous times on stage at Carnegie Hall.

Mr. Mucci's students will remember him for his passion for music, and for the high standards he set for them, as well as for his wonderful sense of humor. Students will remember being asked to play 'as quietly as a mouse peeing on cotton in the corner,' or being told that 'I could write a whole other piece from the wrong notes you just played.'

The students, faculty and staff of Longmeadow High School will miss Mr. Mucci greatly, and we wish him all the joy and good health he deserves as he begins his next adventure.

"Heart on fire, brain on ice.

As the end of high school approaches, many of us will begin to wonder what the significance was of these preceding four years. It's a difficult question to answer for certain, and it requires a little bit of reflection from all of us.

By the end of our high school years, there will have been exactly nine occasions during which we were all together as a class in the LHS building, the first of which being our freshman orientation. I remember when we were addressed in the auditorium by our Vice Principals; I remember seeing unfamiliar faces for the first time, the handful of rows separating us from the stage, and the empty seats between students. We entered Longmeadow High School as individuals, many of us strangers to one another, and as individuals we would unite. You see, even though we weren't all acquainted with each other, we all shared one common goal; survive.

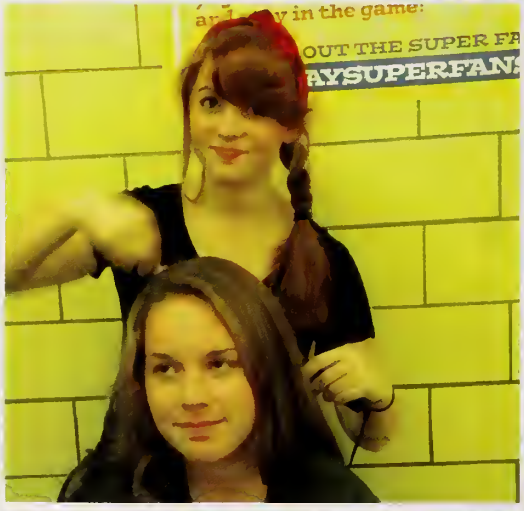
I don't need to tell you that high school can be a stressful time. The pressure to succeed in school and on the pitch, the building up and collapsing of relationships, and the sleepless nights you spent finishing up an imperfect essay are only a few of the hardships that come to mind. But with each trial you underwent there were 246 other students facing the same basic challenge; and by that challenge we've all been bound for the past four years. That's why with each September address and student government election assembly that followed, each person sitting next to you was now a friend rather than a stranger, the empty seats between us disappeared, and we moved closer and closer to the stage, eager to support our classmates and listen to what they had to say.

And finally, when we gathered together in the new auditorium to have our class picture taken, we stood shoulder by shoulder. We had united as one, staring in awe into the future of Longmeadow High School and indeed into our own futures as well. Despite the uncertainties that awaited us, we stood confident and ready, knowing that we'd all be facing the same challenges and we'd forever be members of the Class of 2013.

LONGMEADOW

LANCERS

FootLoose



SeniorClassPlay

Connor Abad

Abad, Conny, Abes

Basketball 9, 10, 11, 12
Football 9

"I don't want to be a product of my environment. I want my environment to be a product of me."
-Frank Costello

"The problem with college is that there's a tendency to mistake preparation for productivity. You can prepare all you want, but if you never roll the dice, you'll never be successful."
-Shia LaBeouf

Niles Ackerman

Ni Guy

Soccer 9
Golf 10, 11, 12
Ski 9, 10, 11, 12C
Track 11

"How can I be wrong if I'm always right?"
-Cormac Kennedy

Patrick Ahearn

Pat, Ranga, Red, Rick

Austin Amato

Dogger, Dog Poop

Hockey 9, 10, 11, 12
Ultimate Frisbee 10, 11
Unity Club 10, 11, 12

"Life is really simple, but we insist on making it complicated."
-Confucius

"A nickel ain't worth a dime anymore"
-Yogi Berra

"Burgaaaa?"

Molly April

Cross Country
9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Ultimate Frisbee
9, 10, 11, 12
French Club 10, 11, 12
East Asia Club 10, 11, 12
Peer Leader 11, 12
Change in Action 11, 12
Best Buddies 11, 12

"The secret to having it all is knowing you already do."

Orit Armon

Impression Magazine
9, 10, 11, 12
Yoga Club 9, 10, 11, 12

"Life can only be understood backwards; but must be lived forwards."
-Soren Kierkegaard

Olivia Aseltine

Ultimate Frisbee 10, 11, 12
Accidentals 11, 12
Mock Trial 10, 11, 12
Senior Class Play

"If you're afraid of the dark, remember the night rainbow."

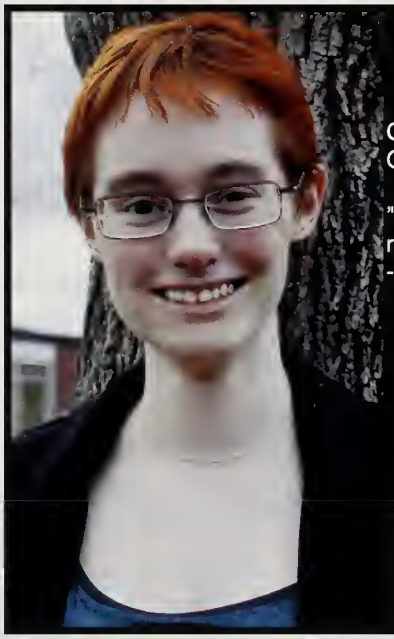
William Aye

Bill, Billy

Basketball 9, 10
Baseball 9, 10, 11, 12
Golf 10

"The greatness of a man is not in how much wealth he acquires, but in his intergrity and his ability to affect those around him positively."
-Bob Marley

Ryan B'Shara



Laura Baker

Concert Band
Orchestra

"Goodbye everyone, I'll remember you all in therapy."
-Sheldon J. Plankton

Kevin Barry

Barry

Soccer 9
Basketball 9, 10
Lacrosse 9, 12
Jball 11, 12
Football 12

"Anything is possible."
-Kevin Garnett

"In order to succeed, your desire for success should be greater than your fear of failure."
-Bill Cosby

"Get Rich or Die Trying"
-Curtis Jackson

Eric Barsalou

Ebars, Bars, EJ

Football 9, 10, 11, 12
Lacrosse 9, 10, 11, 12C

"If you're going to be a bear, you might as well be a grizzly."
-Uncle Ray

"Here's to god and football and, ten years from now living large in Texas. Texas forever baby."
-Tim Riggins

"Clear eyes, full hearts, can't lose."
-Coach Taylor

Madison Beaulieu

Key Club 9, 10
Interact Club 10

"Before you speak, ask yourself: is it kind, is it true, is it necessary, and most importantly, does it improve upon the silence?"

Abraham Belyy

Vom, Abe

Ultimate Frisbee 9, 10, 11, 12
Swimming 12

Ryan Blaine

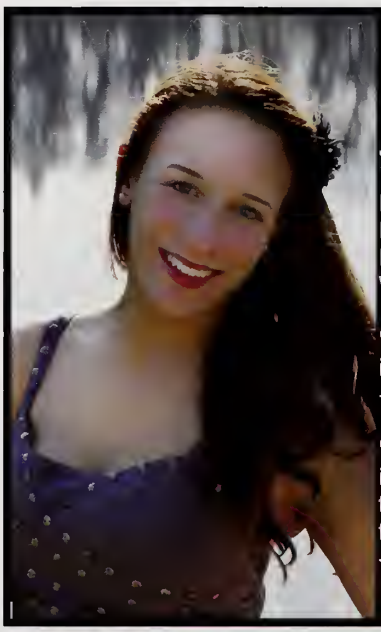
Dots, Blainer

Baseball 9, 10, 11, 12
Football 9, 10, 11, 12
JCC Basketball 11, 12

"That's me grabbing the bull by the horns. It's a metaphor. But that really happened."
-White Goodman

"Never mistake activity for achievement."
-John Wooden

"You're never as good or as bad as you think."
-Jim Blain



Hailey Brinnel

Jazz Ensemble 9, 10, 11, 12
I Cantori 9, 10, 11, 12
NHS 11, 12
Debate Club 9, 10
Lyrics 10, 11, 12
Wind Ensemble 9, 10, 11, 12

"There is no art without intention."
-Duke Ellington

"What if everything is an illusion and nothing exists? In that case, I definitely overpaid for my carpet."
-Woody Allen

Matthew Brown

Fire Marshall, Ben Brown, Downtown

Indoor Track
Outdoor Track

"That's just about enough out of you."

"Things went downhill fast."

"Living the dream."
-Blake Webler

Sebastian Brunell

Ultimate Frisbee 9, 10
Deutsch Klub 9

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."
-Albert Einstein

Kelsey Burke

KB

Soccer 9, 10, 11, 12
Haiti Plunge
Ultimate Frisbee 10, 11, 12
Powder Puff

"Sometimes the most ordinary things could be extraordinary simply by doing them with the right people."
-Nicholas Sparks

Christopher Byrne

Track 9,10

Six Flags Security Officer 11,12

"Never give up on something that you can't last a day without thinking about."

Louis Calabrese

Michela Calabrese

Lisa Calcasola

Lise, Dudet

Golf 9, 10, 11, 12
Tennis 9, 10, 11, 12
Indoor Track 12

"Everyone you will ever meet knows something you don't."
-Bill Nye

"To define is to limit."
-Oscar Wilde

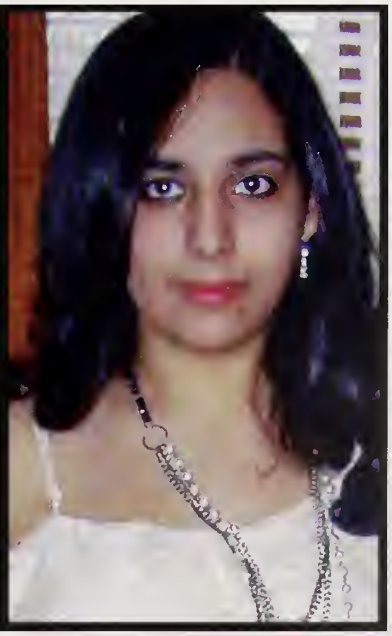
Catherine Camacho

CiCi

Women's Groups 9, 10, 11, 12
Gay Straight Alliance 12

"I have found that the saddest people are also the funniest. Because only those who understand complexity can communicate simplicity."

"Out of the suffering have emerged the strongest souls. The most massive characters are seared with scars."
-Kahil Gibran



Ashley Camerlin

Lacrosse 9, 10
Soccer 9, 10
Indoor Track 9, 10, 11, 12
Outdoor Track 11, 12

"Life isn't measured by the number of breaths you take, but the moments that take our breath away."
-Hilary Cooper

Patricia Camerota

Patty, Patrish, Rish, Pat

Volleyball 9, 10, 11, 12
Ultimate Frisbee 10, 11, 12
Pottery Club 10, 11, 12
NHS 11, 12
Class Vice President 10,11,12
Powder Puff
Senior Class Play
Peachwave

"I figure life is a gift and I don't intend on wasting it. You don't know what hand you're gonna get dealt next. You learn to take life as it comes at you... to make each day count."
-Jack Dawson

Angela Caputo

Ange

Swimming 9, 10, 11, 12C
Outdoor Track 9, 10, 11, 12C
Soccer 9, 10
Powder Puff

"You just can't live in that negative way...make way for the positive day."
-Bob Marley

"It's not about being the best. It's about being better than you were yesterday."

Anna Carey

Accidentals 10, 11, 12
Lyrics 11, 12
Basketball 9, 10, 11
Outdoor Track 10, 11, 12C
Lacrosse 9
NHS 11, 12
Indoor Track 12
French Club 9, 10, 11, 12

"There are two ways you can get through pain. You can let it destroy you, or you can use it as fuel to drive you: to dream bigger, work harder."
-Taylor Swift

"All our dreams can come true, if we have the courage to pursue them."
-Walt Disney

Elizabeth Caronna

Graziano Carpentieri

Mike G

Football 9, 10, 11, 12

"A lot of times I find that people who are blessed with the most talent don't ever develop that attitude, and the ones who aren't blessed in that way are the most competitive and have the biggest heart."
-Tom Brady

Mary Casey

Marycasey, M.Case

Field Hockey 9, 10C, 11, 12
Indoor Track 9, 10, 11, 12C
Outdoor Track 10, 11, 12
Lacrosse 9
Irish Step Dance 3-12
Key Club 9, 10, 11, 12
Spanish Club 9, 10, 11, 12
La Capella 10, 11, 12
NHS 11,12
Lifeguard 11,12
Senior Class Play
Powder Puff

"We are each of us angels with only one wing, and we can only fly while embracing eachother."
-Ann Simons, LHSFH2K12

Colin Cassidy

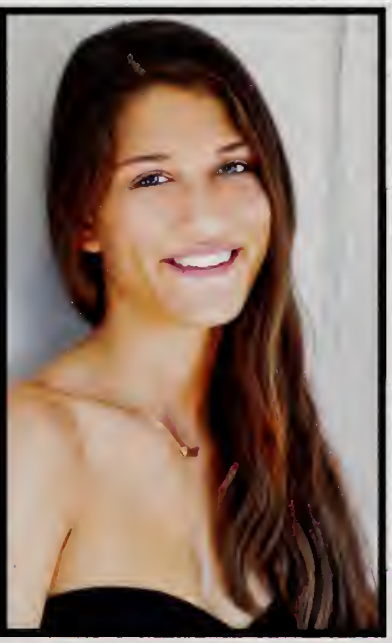
Soccer 9, 10, 11, 12
Outdoor Track 9
BPA 9

"If you can find a better looking guy than me, I give you props."
-Chris Hannigan

Talya Chait

Swimming 9, 10, 11, 12C
Jet Jotter 9, 10, 11, 12
NHS 11, 12

"The lesson I've learned the most often in life is that you're always going to know more in the future than you know now."
-Taylor Swift



Zachary Chase

B-Rabbit, ZChase

Basketball 9
Wrestling 10, 11, 12

Zachary Chernick

Chernbutter, Choin

Hockey 9, 11, 12
Track 9, 10, 11
Soccer 9, 10
DJST 9, 10, 11, 12
Water Polo 11, 12
BBYO 11, 12

"Try to be like the turtle- at ease in your own shell."
-Bill Copeland

"That's how you break a jaw."
-Cam Green

"If we come out hard, we'll come out hard."
-Brett Rabideau

"Cause I had a big breakfast."
-Mike Poisson

Weng-Ching Cheung

Mock Trial 9, 10, 11, 12
Debate Team 9, 10, 11, 12
NHS 11, 12
Women's Group 9, 10
Senior Class Play 10, 12

"It is hard to fail, but it is worse never to have tried to succeed."
-Theodore Roosevelt

Adam Chiz

Devante Clarke

Unity 9, 10, 11, 12
Wrestling 9, 10, 12
Football 9, 10, 11, 12

"Bang Bang."
-Chief Keef

"Stepping onto a brand-new path is difficult, but not more difficult than remaining in a situation, which is not nurturing to the whole world."
-Maya Angelou

Madalyn Cohen

Maddy

East Asia Club 9, 10, 11 ,12
Accidentals 10, 11, 12

"You owe the world your gifts. You just have to figure out how to use them and know that where ever they take you, we'll always be here."
-Uncle Ben, Spider Man

"The best way to avoid an attack is to avoid and attack."

Rebecca Cohen-Lindfors

Becca, Becs, McBeccers

East Asia Club
Band
NHS
French Club

"Be that change that you wish to see in the world"
-Gandhi

"Love is never gone. As we travel on, love is what we'll remember."-*A Chorus Line*

"Sometimes you know in your heart you love someone, but you have to go away before your head can figure it out."
-Sharon Creech

Michael Cole

Emma Collins

Northampton Community
Varsity Rowing 9, 10, 11, 12C
Ski Team 9, 10, 11, 12

"I was born with a terrible need for affection and a terrible need to give it."
-Audrey Hepburn

"Draw a crazy picture, write a nutty poem, sing a mumble-gumble song, whistle through your comb. Do a loony goony dance 'cross the kitchen floor. Put something silly in the world that ain't been there before."
-Shel Silverstein

Paul Collins

Justin Coon

Coon

Stock Club 11
Vice President of Stock Club 12

David Copeland

Copes

Soccer 9, 10, 11
Baseball 9
Outdoor Track 10
Tennis 11
Frisbee 12
Indoor Track 9, 10, 11
Peachwave

"I was born to make mistakes not to fake perfection."
-Drake

"We must believe in luck. For how else can we explain the success of those we dont like."
-Jean Cocteau

Shane Coughlin

Baseball 9, 10, 11, 12
Jazz Band 9, 10, 11, 12
Lyrics 10, 11, 12
NHS

Dylan Crabb

Griffin Crafts

Football 9, 10, 12
Indoor Track 11, 12
Ultimate Frisbee 9, 10, 11, 12
Basketball 9
Jazz Band 11, 12
NHS 11, 12

"Good enough never is."

Alexandra Crews

Allie, Al, Crews-ship, Crusades

Soccer 9, 10
Tennis 9, 10, 11, 12
Cross Country 12
Jet Jotter 9, 10, 11, 12

"It doesn't matter what you do, there's always room to grow. You should never be comfortable and never become lazy."
-Beyonce Knowles

Cameron DeCain

Indoor Track 9, 10, 11, 12
Outdoor Track
9, 10, 11, 12
Key Club 9, 10, 11, 12

"Try not to become a man of success but a man of value."
- Albert Einstein

"Attitude is a little think that makes a big difference"
-Winston Churchill

Eliot Decker

Stock Club 11
East Asia Club 12

"When you want to fool the world, tell the truth."
-Otto Von Bismark

"Go to heaven for the climate, hell for the company."
-Mark Twain

"Anything truly wicked starts from innocence."
-Ernest Hemingway

Jessica Dee

Jess, Jessie

Skiing 9, 10, 11, 12C
Lacrosse 9, 10

Key Club 9, 10, 11, 12
Jet Jotter 9, 10
East Asia Club 11
Peer Leadership 11, 12

"Live every day like it's your last."

Courtney Devin

Swimming 9, 10, 11, 12C

"In the course of a lifetime, what does it matter?"
-Walk Two Moons

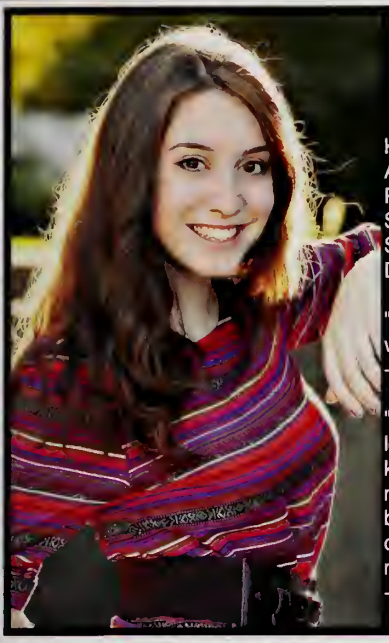
"Keep on keeping on..."
-Lessons of a Turtle

Samantha Dibbern

Sammie, Sam, Dibbs

Key Club 9, 10, 11, 12
Indoor Track 11, 12
Outdoor Track 11, 12
Ultimate 9, 10
Senior Class Play
Powder Puff

"The greatest thing you'll ever learn is just love and be loved in return."
-*Moulin Rouge*



Natalie DiBona

Nat, Dibs, Natcity, Sodapop

Key Club 9, 10, 11, 12
Art Club 9, 10, 11, 12
Pottery Club 10, 11, 12
Softball 9
Senior Class Play Costume Design

"Wanting to be someone else is a waste of the person you are."
-Kurt Colbain

"Around here, however, we don't look backwards for very long. We keep moving fowards, opening up new doors and doing new things, because we're curious... And curiosity keeps leading us down new paths."
-Walt Disney

John Dombek

Doback

Soccer 9
Indoor Track 9, 11, 12C
Golf 10, 11, 12
Baseball 9, 10, 11, 12

"If a tie is like kissing your sister, a loss is like kissing your grandmother without any teeth."

"If you set your goals low, it is easier to succeed."
-Andrew Hadley

Brian Douglas

Dougie

Hockey 9, 10, 11, 12
Soccer 9, 10, 11, 12
Baseball 9, 10

"The only place success comes before work is in the dictionary."
-Vince Lombardi

"If you can find a better looking guy than me, I give you props."
-Chris Hannigan

Nicholas Drennan

Drennan, D-Ren, Drenaldo

Hockey 9, 10, 11, 12
BPA 12

"When you want to succeed as bad as you want to breathe, then you'll be successful"
-Eric Thomas

"Every time you touch the ice, remember that it was Hans who taught us to fly"
-Gordon Bombay

Keegan Dudeck

Dudey, Boobie Miles

Lacrosse 9, 10, 11, 12
Basketball 9, 10, 11, 12
Football 9
Cross Country 10, 11
Soccer 12

"Sleep is for those people who are broke. I don' t sleep."

Nicholas Dunkerly

Dunks, Casper

"I haven't ever Jet Skied off a waterfall."
-Adam Demamp

Liam Dunne

Patrick Durocher

Shawty

Daniel Ehrlich

Hershal

"Be regular and orderly in your life so that you may be violent and original in your work."
-Gustave Flaubert

Nathan Elder

Frankie, Frank the Tank, Elmerfude

Lacrosse 9, 10, 11
Football 9, 10, 11, 12
NHS 11, 12

"Do what what you gotta do."

Raven Emanuel

Rah-veen

Dance 9, 10, 11, 12
Women's Chorus 9
La Capella 10, 11, 12
Senior Class Play
Choreographer
Powder Puff

"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future."
-Jeremiah 29:11

"Nothing but the faces of the people change."
-JHE

Hannah Epstein

Tennis 9, 10, 11, 12
Cross Country 9, 10, 11, 12
Key Club 9, 10, 11, 12
East Asia Club 10, 12
S.A.D.D 10, 12
NHS 11, 12

Sarah Etkin

Setkin, Pirachu, SarBear

Yoga Club 11
La Capella 10
Women's Chorus 9
Mock Trial 9, 10

"There are always flowers for those who want to see them."
-Henri Matisse

"A day without sunshine is, you know, night."
-Steve Martin

Fahad Farooqui

Jacquelyn Filomeno

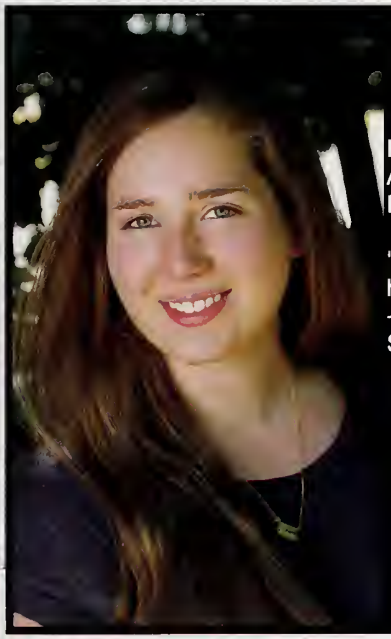
Jackie, Lil J, Fackie

Varsity Football Manager 9, 10, 11, 12
Key Club 9, 10, 11, 12
Ultimate Frisbee 10, 11, 12
Senior Class Play
Powder Puff

"The most wasted of all days is one without laughter."
-E.E Cummings

"Reality is wrong. Dreams are for real."
-Tupac Shakur

Katherine Fleming



Kate

French Club 9, 10, 11, 12
Art Club 12
East Asia Club 12

"We see well only with the heart."
-Le Petit Prince by Antoine de Saint-Exupery

James Formaggioni

Jimmy

Football 9,10
Lacrosse 9,10

"The first method for estimating the intelligence of a ruler is to look at the men he has around him."
-Machiavelli

Stephen Freyman

Tennis 10, 11, 12
Water Polo 11
Orchestra 9, 10, 11, 12
As Schools Match Wits 11

"There's an old saying about those who forget history. I don't remember it, but it's good."
-Stephen Colbert

"My father was a quitter, my grandfather was a quitter; I was raised to give up. It's one of the few things I do well."
-George Costanza

Jenna Friedberg

BPA 9, 10, 11, 12
Ultimate Frisbee
9, 10, 11, 12C
Indoor Track 9, 10, 11
Senior Class Play- Producer

"Honey, where's my supersuit?"

Antonio Fusco

Anton

Football 9, 10, 11
Wrestling 9

"Watcha u doo"

Simone Gelinas

Simomo, Sy

Soccer 9, 10, 11, 12
Basketball 9, 10 ,11, 12
Outdoor Track 9, 10, 11,12
NHS 11, 12

"Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost."
-John Quincy Adams

Mark Gentile II

Markie, Marky Mark and the Funky Bunch, Gentile, Markus, Elmo

Football 9, 10, 11, 12
Wrestling 9
Indoor Track 10
Culinary Arts Student- CTEC

"If you're not laughing, you're not living."
-Dane Cook

Eve George

Mock Trial 9, 10, 11, 12
Debate Team 9, 10, 11, 12
Chamber Orchestra
9, 10, 11, 12
Softball 9, 10, 11, 12

"Make 'em laugh, make 'em laugh! Don't you know everyone wants to laugh?"
- Singing in the Rain

Hannah Gilman

Gingy, Ging

Soccer 9, 10, 11, 12
Track 9, 10
Cathedral Girls Hockey
10, 11, 12
S.A.D.D.

"Hakuna Matata"
-Timon & Pumbaa

"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."
-Nicholas Sparks

Hannah Glick

Orchestra 9, 10, 11, 12
Lyrics 11, 12
Accidentals 10, 11, 12
I Cantori 11, 12
Chamber Orchestra 12

"There is nothing in the world so irresistibly contagious as laughter and good humor."
-Charles Dickens

Samantha Goldaper

Sam, Sami

Women's Group 9, 10, 11, 12

"Take chances. Make mistakes. Get messy!"
-Magic School Bus

Ethan Goldberg

Wrestling 10, 11
Track and Field 11, 12

"Nothing can stop the man with the right mental attitude from achieving his goals. Nothing on Earth can help the man with the wrong mental attitude."

Taylor Gordenstein

Field Hockey 9
Lacrosse 9, 10
YOLOball 11, 12
Key Club 10, 11, 12

"Honestly, eating tacos is like the best experience ever."
-Rob Kardashian

Alexander Gottzmann

Cross Country 9,10,12

"An appeal to fear never finds an echo in German hearts."
-Otto Von Bismark

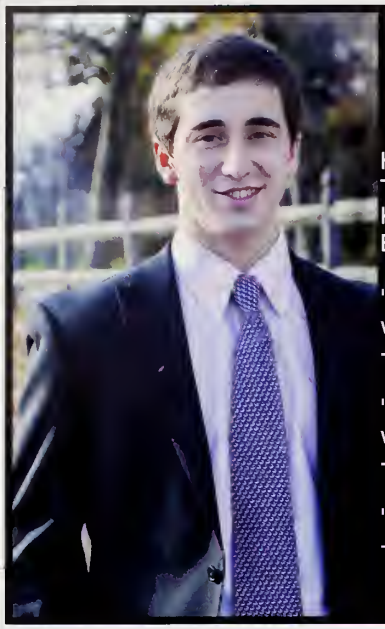
"I became insane, with long intervals of horrible sanity."
-Edgar Allan Poe

Noah Gurzenski

French Club 9, 10, 11, 12
Impressions 10, 11, 12
Student Government 10, 11, 12
Lacrosse 9, 10, 11, 12
Hockey Team Statistician 10, 11, 12
Water Polo Club 11
Cross Country 12
"As School Match Wits" 11
World Quest Team Member 11, 12

"Good friends, good books and a sleepy conscience. This is the ideal life."
-Mark Twain

"Either write something worth reading or do something worth writing."
-Benjamin Franklin



Andrew Hadley

Andy, Hadley, Stonehands, Sandman

Hockey 9, 10, 11, 12
Tennis 9, 10, 11, 12
Key Club 9, 10, 11
BPA 9, 10, 11

"Play like the scouts are watching."
-Matt Hadley

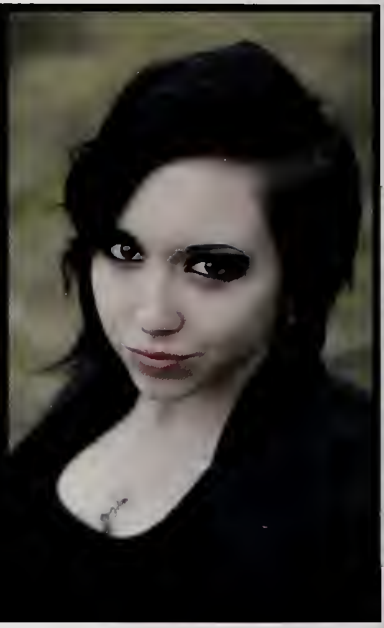
"If we're gonna come out hard, we're gonna come out hard."
-Brett

"I'm a sieve."
-Derrick Yam

Erica Haines

E Hains

"May wights be wildered, and wonders happen, may cliffs be shattered, and the world be shaken."



Christopher Hannigan

Hanny

Indoor Track 9, 10
Outdoor Track 9, 10
Soccer 9, 10, 11, 12

"When you want to succeed as big as you want to breathe, then you'll be successful."
-Eric Thomas

"It's a beautiful day to play soccer."
-Brad Miller

"It's a giveaway!"
-Steve Scott

Thomas Hannigan

Indoor Track 9, 10, 11
Track and Field
9, 10, 11, 12
BPA 10, 11, 12
Peace Jam 10, 11, 12

"Those who dare to fail miserably can achieve greatly."
-JFK

Chealsea Harrison

Jillian Heger

Hegs, Jill, Heger

Track and Field 9, 10, 11, 12
Soccer 9, 10
Indoor Track 9, 10
Varsity Football Manager 12
Powder Puff

"Laugh as much as you breath and love as much as you live."

Cecilia Hennessy

Ceci, Cheecheel

Key Club 9, 10, 11, 12
Indoor Track 10, 11
Outdoor Track 11
Ultimate Frisbee 10, 12
La Capella
Powder Puff
Senior Class Play

"Being Fearless isn't being 100% not fearful; it's being terrified but you jump anyway."
-Taylor Swift

Kathryn Higham

Key Club 9, 10, 11, 12
Art Club 9, 10, 11, 12

"If you don't imagine, nothing ever happens at all."
- John Green

Meghan Hurley

Field Hockey 9, 10
Indoor Track 9, 10, 11
Key Club 10, 11, 12
Crew 11, 12
Secretary of S.A.D.D. 11
Outdoor Track 10
Spanish Club 9, 10, 11

"People will forget what you said, people will forget what you did, but people will never forget the way that you made them feel."
-Maya Angelou

Jennifer Hurwitz

Jen

Basketball 9, 10, 11, 12
Volleyball 9, 10, 11, 12

"In the end everything will be okay, if it's not then it's not the end."

Daniel Ishak

Danny, Ishakoff

Debate 10, 11, 12
Interact Club 9, 10, 11, 12
Board Executive 10, 11, 12
Photo/Art Editor Jet Jotter 10, 11, 12
Class Secretary 11, 12
Outdoor Track 9, 10, 11, 12
Indoor Track 10, 11, 12
Soccer 9

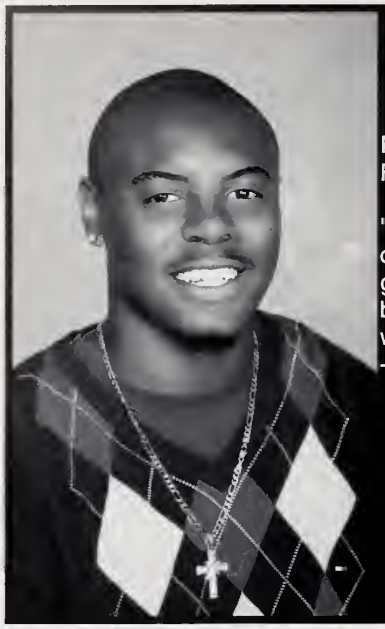
"To be sure of hitting the target, shoot first. And whatever you hit call the target."
-Ashleigh Brilliant

Ariella Jaron

Ari, Ar

Key Club 9, 10, 12
Peace Jam 11
NHS 11, 12
Senior Class Play
Powder Puff

"Some girls are just born with glitter in their veins."
-Paris Hilton



Brenton Jenkins

B-Town, DJ BJ

President of Unity Club 12
Football 9, 10, 11, 12

"I'm not saying I'm gonna change the world, but I guarantee that I will spark the brain that will change the world."
-Tupac Shakur

Sharvari Johari

Senior Class Play Co-Director
School Committee Rep 12
Jet Jotter 11, 12
Mock Trial 11, 12
NHS Tutoring Chair 12

"I want to go places and see people. I want my mind to grow. I want to live where things happen on a big scale."
-F. Scott Fitzgerald

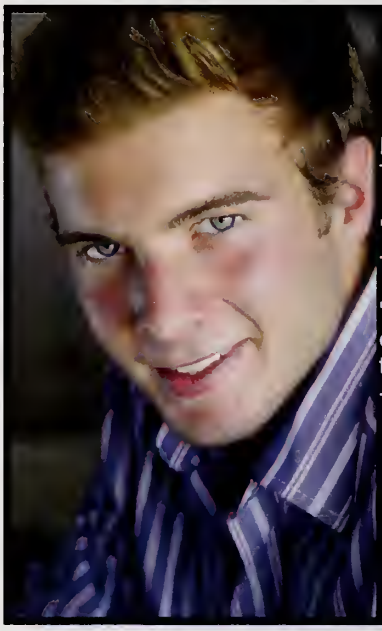
Meghan Jones

Meggie, McMeghan, MVP

Accidentals 10, 11, 12
La Cappella 10, 12
Lyrics 11, 12
Impressions 9, 10, 11, 12
French Club 10, 11, 12

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."
-Maya Angelou

"Of course it is happening inside your head, Harry, but why on earth should that mean that it is not real?"
-Albus Dumbledore



Ethan Kadis

E-man

Football 9, 10, 11, 12
Track 9, 11

"If you're not first, you're last."
-Ricky Bobby

"Some people call me a space cowboy, yeah, some call me the gangster of love."
-Steve Miller Band

Zachary Kalman

Football 9, 10, 11, 12
Wrestling 9
Custodian 11, 12
Best Buddies 10, 11, 12
Accafellas 9, 10, 11, 12
NHS 11, 12
Youth Football Board 11, 12

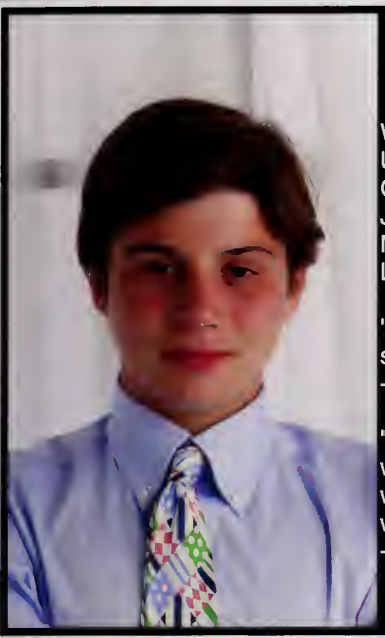
"The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: the chicken was 'involved' and the pig was 'committed'. Be the pig."

Myung Kang

M.J.

Key Club (Board)
9, 10, 11, 12
Pottery Club (President)
10,11,12
Health Assistant 10, 11, 12

"Death is not the end. Loss of conviction is."



David Kearing

Buck

Wrestling
Ultimate Frisbee
Orchestra
Jazz Band
Men's Chorus
Lyrics

"Speak softly, but carry a big stick."
-Teddy Roosevelt

"Don't go around saying the world owes you a living. The world owes you nothing. It was here first."
-Mark Twain

Owen Kelleher

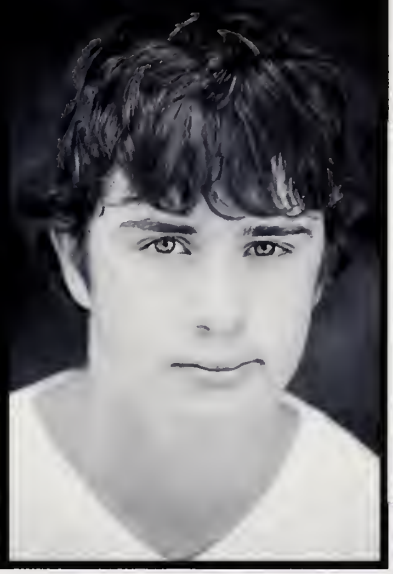
Hockey 9,10,11,12

"No! The grapes are going into the deep end!"
-Eric Barsalou

"Satler's hockey sense is awful."
-Charlie Kelleher

"Texas forever, sic."
-Tim Riggins

"So many challengers around me."
-WWRD

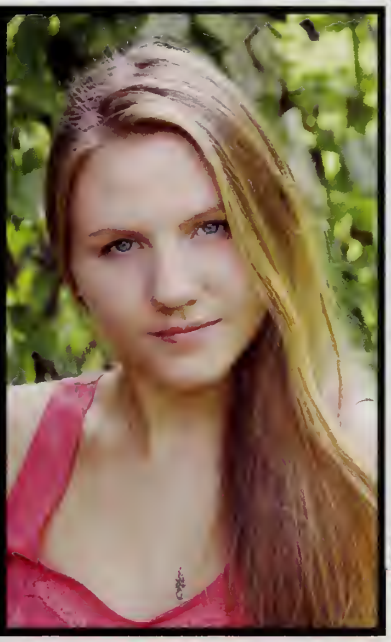


Rose Kelly

Rosie, Rosa

Key Club 9, 10, 11, 12
Ultimate Frisbee
9, 10, 11, 12C
NHS 11, 12
Art Club 11, 12
Senior Class Play
Powder Puff

"Promise me that you'll give faith a fighting chance. And when you get the chance to sit it out or dance, I hope you dance."



Shea Kelly

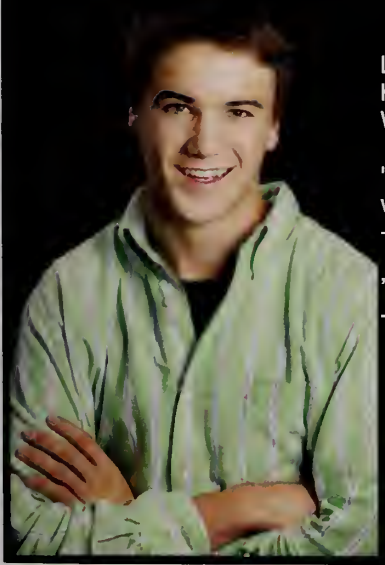
Mock Trail 9, 10, 11,12
Model U.N. 11, 12
Peace Jam 9, 10, 11, 12
DONDA 9, 10, 11, 12

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."
-Ferris Beuller

"I like large parties. They're so intimate. At small parties there isn't any privacy."
-F. Scott Fitzgerald

Cormac Kennedy

Cornsac



Lacrosse 9
Hockey 9, 10, 11, 12
Water Polo 11

"If we're gunna come out hard, we're gunna come out hard."
-Brett Rabideau

"If you ain't first, you're last."
-Reese Bobby

Jared Kennedy

Timothy Kennedy

Kenner, Riggins

Soccer 9, 10, 12
Basketball 9
XC 11
JCC Basketball 11, 12
Retired 10, 11

"Here's to god and...good friends livin' large..."
-Tim Riggins

"There're no asterisks in this life, only scoreboards."
-Ari Gold

"If Kevin could dribble, shoot, and pass he'd be the best player on this team."
-Steve Dudeck

Connor Kivari

Kivari, Calamari, Ka-vurr

Basketball 9, 10
Football 9, 10, 11, 12
JCC Basketball 11, 12

"Aint nothin' but a peanut!"
-Ronnie Coleman

"Rack Em'"
-Rack Em' Willie

"When I say it's time to go, it's time to go"
-Chris Hannigan

"Some people want it to happen, some wish it happened, and others make it happen"-Michael Jordan

Jeremy Koerner

J-Man

Vice President 9
Ice Hockey 9
Track and Field 9
Semolina 10, 11, 12

"Close only counts with horseshoes and hand grenades."

"Out of the crooked timber of humanity, no straight thing can ever be made."

Rachel Kofman

RKof, R-donk

Volleyball 9, 10, 11, 12
Basketball 9, 10
Lacrosse 9, 10
Tennis 11, 12
S.A.D.D. 10, 11, 12
Key Club 9, 10
DJST 10, 11, 12

"Kites fly highest against the wind."

Ethan Koltz

Ultimate 11, 12
NHS

"Imagination was given to man to compensate him for what he is not; a sense of humor, to console him for what he is."
-Frances Bacon

Rachel Korn

Tennis 9, 11, 12
Jet Jotter 9, 10, 11, 12
NHS 11, 12

"Peace begins with a smile."

Jacob Krainson

Gummy Bear

Football 11
Cross Country 9, 10, 12
Swimming 10, 11, 12
Track and Field 9, 11, 12
Key Club 10

"That's how you break a jav."

Ashley Kratovil

Ashkrat

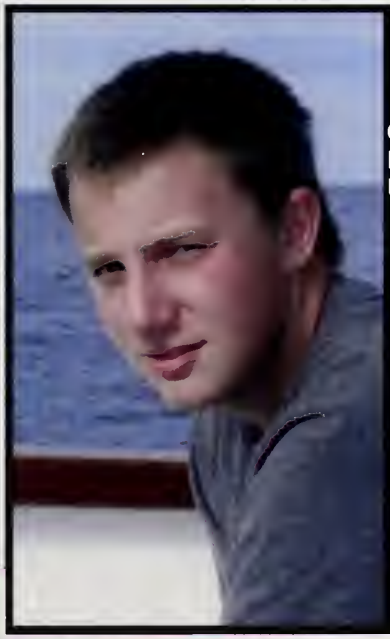
Cross Country 9, 10, 11, 12C
Indoor Track 9, 10, 11
Outdoor Track 10, 11, 12
Key Club 9, 10, 11, 12

"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."
-Nicholas Sparks

Samantha Krevalin

Tennis 9, 10, 11, 12
Lyrics 11, 12
Accidentals 9, 10, 11, 12

"I believe in blood, sweat, and tears."
-Jillian Michaels



Nicholas Kristoffy

Nick

Outdoor Track 9
Indoor Track 10
Ultimate Frisbee 10, 11, 12

Stephen Krushell

Foorball 9, 10, 11, 12C

"What hurts more. The pain of hard work or the pain of regret?"

"No exit."
-Gabriel Mokwuah

"I'm in a glass case of emotion."
-Ron Burgundy

Caroline Kusiak

Coco, Kow Kow

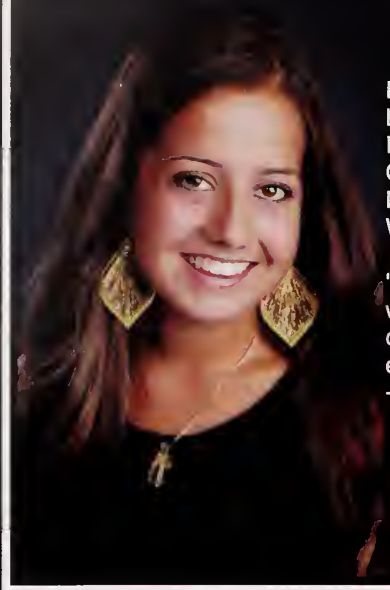
Lacrosse 9, 10, 11, 12
Soccer 9, 10

"Bedounsoonma"
-Meg Shea

"You go Glen Coco!"
-Damian

"Tiger got to hunt, bird got to fly; Man got to sit and wonder 'why, why, why?'
Tiger got to sleep, bird got to land; Man got to tell himself he understand."
-Kurt Vonnegut

Alexandra La Bella



Ali, Tammy

Field Hockey 9, 10, 11, 12
Lacrosse 9, 10
Indoor Track 11
Outdoor Track 11, 12
NHS 11, 12
Wind Ensemble 12

"We are each of us angels with only one wing, and we can only fly while embracing each other."
-Ann Simons, LHSFH2K12

Joshua Lazarus

Laz, Lazdaddy, JLaz

Baseball 9, 10
Football 9
Braman Chemical
Jball All-Star 9, 10, 11, 12C

"Hard work pays off."
-Gerald Lazarus

"Winners stay with winners."
-Gerald Lazarus

Benjamin Leavitt

Cross Country 9, 10, 11, 12
Track 9, 10, 11, 12
Indoor Track 10, 11, 12
Key Club 10, 11, 12
NHS 11, 12
Mystic Aquarium 11, 12
Rachel's Table Teen Board 11, 12

"Wrinkles should merely indicate where smilies have been."
-Mark Twain
"Do not go where the path may lead, go instead where there is no path and leave a trail."
-Ralph Waldo Emerson

Eric Lee

Lee Brother, Joseph Lee

NHS 11, 12
Orchestra 9, 10, 11, 12
Wind Ensemble 9, 10, 11, 12
Math Team 10, 11, 12

"True change takes place in the imagination."
-Thomas Moore

"Life is full of surprises, but never when you need one."
-Bill Watterson

Joseph Lee

Josaba, Simba, Angelina Joelee, Eric Lee

Football
NHS

Kyu Ho Lee

Que

Soccer 9
Indoor Track 9
Stock Club
Frisbee 11

"It's so James."
-John Sinclair

Alyssa Lehouiller

Key Club 9, 10
Interact 9, 10
Indoor Track 10, 11
Outdoor Track 10, 11

"Bottom line, you're either a risk taker, or you're not, and if you don't take risks, you'll never win big."
-Geno Auriemma

"The future belongs to those who believe in the beauty of their dreams."
-Eleanor Roosevelt

Kristen Leitem

No Photo Available

Mary Lemay

Mock Trial
Jet Jotter
Field Hockey
Lacrosse

"I do not care what the white man says... Santa Claus is black."

Alexander Leslie

Lez, Pirahna

Baseball 9, 10, 11, 12
Jazz Ensemble 10, 11, 12
Cross Country 9

"I'm not crazy; my mother had me tested!"
-Dr. Sheldon Cooper

Aaron Lipp

Lipp, LIppotor, [Lipps]

Football 9, 10, 11, 12
Track 9, 10
Frisbee 11, 12

Interact Club 9, 10, 11, 12

"No one can whistle a symphony. It takes an orchestra to play it."

"If you play hard, you'll win big."

Frederick Liu

Freddy, Fred, FLiu

Swimming 9, 10, 11, 12C
Jazz Band 9, 10, 11, 12

Christopher Lockhart

Lockhart, Chris, Clock-Clock

Soccer 9
Indoor Track 9, 10
Lacrosse 9, 10
Ultimate Frisbee 11, 12

"Make your own luck."
-Rob Dyrdek

Laurence Lohman

Cross Country 10, 11, 12C
Indoor Track 10, 11, 12
Outdoor Track 9, 10, 11, 12
NHS 11, 12

"Nothing scary about good. It's the other that's scary."
-Quenton Cassidy

"If you gonna be square you ain't-a gonna go nowhere."
-Dean Martin

Stephanie Loizzo

Steph, Stephy

Soccer 9, 10, 11, 12
S.A.D.D
Key Club
Powder Puff

"Life's too short to be anything but happy."

"Falling down is a part of life, getting back up is living."

"The future lies in the beauty of your dreams."

"Greatest mistake you can make in life is to be continually fearing you will make one."

Elise Lombard

Lisi

Soccer 9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Track 9, 10
SADD 10, 11
CCD Teacher 11, 12

"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."
-Nicholas Sparks

Michael Longo Jr

Tyler Lucey

Tennis
Ski Team
Lyrics
Orchestra
I Cantori
A Cafellas
Key CLub

"The inner machinations of my mind are an enigma."
-Patrick Star

Anthony Luongo

Ultimate Frisbee 9, 10, 11, 12
BPA 10, 11
Stock Club 11
Key Club 11, 12

"All you need in life is ignorance and confidence, and then success is sure."
-Mark Twain

Rachael Lyons

Ace, Rach, Lyons, Rosk, RyLy

Cross Country 10, 11, 12C
Horseback Riding 9, 10, 11, 12
NHS 11, 12
Key Club 9, 10, 11, 12
Powder Puff

"Don't go around saying the world owes you a living. The world owes you nothing. It was here first."
-Mark Twain

"I feel good, I feel great, I feel wonderful."
-Bob Wiley

Morgan Mailman

Morg

Key Club 9
Peace Jam 9, 10
Pottery Club 12

"I am the lizard king; I can do anything."
-Jim Morrison

"But what I do, I do because I like to do."
-Anthony Burgess

Ryan Malcontento

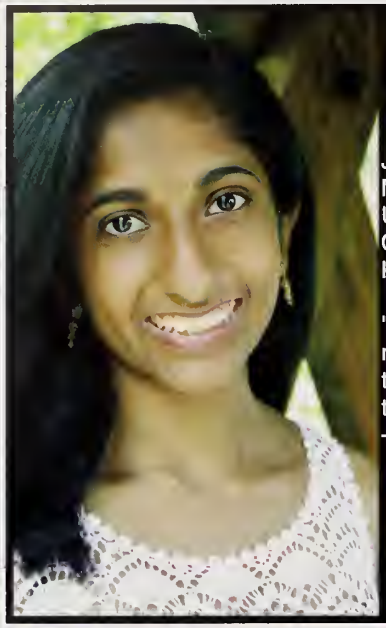
Briana Mango

Brio, Bri, Mango

Softball 10
Indoor Track 11
Women's Group 12
Peer Leadership 11, 12
Peachwave 12

"If perfection does not exist, then neither does imperfection. The only thing left to be is you."
-Rae Smith

Zoe Maniaci



Poornima Manikantan

Nimapoor, Neems, Nima

Jet Jotter 9, 10, 11, 12
Mock Trial 9, 10, 11, 12
Ultimate Frisbee 10, 12
Chamber Orchestra 10, 12
Key Club 10, 11, 12

"Do not follow where the path may lead. Go, instead, where there is no path and leave a trail."
-Ralph Waldo Emerson

Laura Manzi

Big L, Laur, The Cheese Queen

Ultimate Frisbee 10, 11, 12
Accidentals 10, 11, 12
Varsity Football Manager 12
Senior Class Play
Powder Puff

"As soon as your born, you start dying- so you might as well have a good time."

"When life throws obstacles your way, just pretend you know what you're doing."

Michael Mariano

Mikey, AMO

Wrestling 9, 10, 11, 12
Baseball 9
Tennis 11, 12
NHS 11, 12

"Never stop exploring."
-The North Face

"The direction in which education starts a man will determine his future in life."
-Plato

"Pin or get pinned."
-LHS Wrestling

"Let's go on an adventure."
-SP

Emily Martin

E$

Basketball 9, 10, 11, 12
Peachwave 12

"And in the end, it's not the years in your life that count. It's the life in your years."
-Abraham Lincoln

Andrew Massa

Massa, Wizard, Massa800

LHS Symphony 10, 11, 12
Pep Band 9, 10, 11, 12
Districts 11, 12

"When you pass through the fire, you pass through humble."
-Lou Reed

"Music inflames temperment."
-Jim Morrison

"No matter how big or warm your bed is, you still have to get out of it."
-Grace Slick

Meghan Matthews

Robert McClure

Rob, Robbe, Big Bob

Football 9, 10, 11, 12C
Basketball 9, 10

"On this team, we fight for the inch. On this team, we tear ourselves, and everyone around us to pieces for that inch. We claw with out fingernails for that inch, cause we know when we add up all those inches that's gonna make the... difference between winning and losing. Between living and dying."
-Al Pacino

"No exit."
-Gabe Mokwuah

Molly McQuade

"I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you can appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself, and sometimes good things fall apart so better things can fall together."
-Marilyn Monroe

Sally Mikhlin

Frisbee 9
East Asia Club 10, 11, 12
Key Club 9, 10, 11, 12
Art Club 11, 12
JCC Counselor 10, 11, 12

"There's always money in the banana stand!"
-George Bluth Sr.

Julia Miller

Jules, Jmillz

Soccer 9, 10
Basketball 9, 10, 11
Softball 9
Indoor Track 12
Outdoor Track 10, 11, 12C

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Julia Morisi

JMo

Freshman Soccer
JV Softball 9
Shobukan Karate 10, 11, 12
Key Club 9, 10, 11, 12
Art Club 9, 10, 11, 12
Pottery Club 11

"Science without religion is lame; religion without science is blind."
-Albert Einstein

Christopher Mucci

Da Mucc Man

Football 9, 10
Indoor Track 9, 10, 11, 12
Ultimate Frisbee
9, 10, 11, 12C
Business Club 12
Jazz Band 11, 12
UMass Honors Band 11, 12

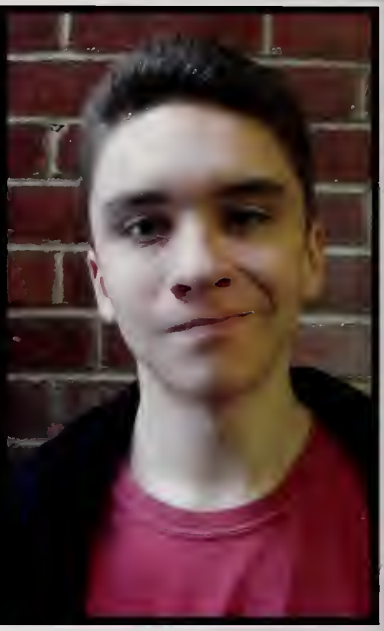
"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will."
-Vince Lombardi

Andreas Mueller

Interact Club 10,12
NHS 11, 12
German Club 9

"Silence remains, inescapably, a form of speech."
- Susan Sontag

Sean Mulvaney



Ross Muratore

Kristen Nadeau

Softball 9, 10, 11, 12
Women's Group 12
Dance 9, 10
Key Club 10, 11, 12
Pottery Club 12

"The most important thing is to enjoy your life- to be happy- it's all that matters."
-Audrey Hepburn

"Life isn't about finding yourself, it's about creating yourself."
-George Bernard Shaw

Justin Nathan

Jnat, Yadeen, Papi Chub, Ese

Football 9, 10, 11

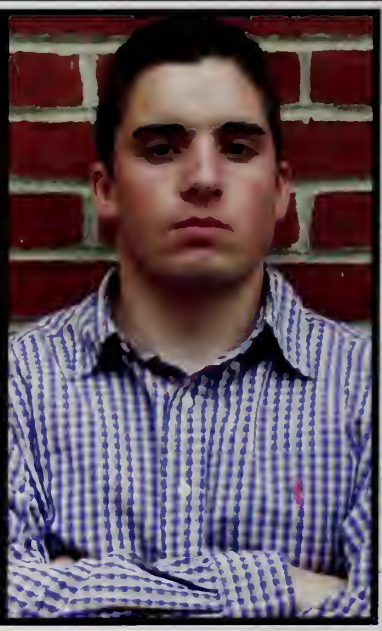
Benjamin Neveu

Neveu

"Anything is possible."
-Kevin Garnett

"Where you are right now doesn't have to determine where you'll end up."
-Barack Obama

"You must lose everything in order to gain anything."
-Brad Pitt



Tyler O'Brien

Lacrosse 9, 10
Soccer 9, 10
Indoor Track 10, 11, 12
Ultimate Frisbee 11, 12
Key Club 12

"Big things have small beginnings."
-Prometheus

"Success is achieved by knowing something that others don't."
-Einstein

Alexa O'Hara

Spud, O'nars

Lyrics 11, 12
Interact Club 9, 10

"Hold fast to dreams for if dreams die, life is a broken winged bird that cannot fly."
-Langston Hughes

Zoe Ochoa

Basketball 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
OP 9, 10, 11, 12
Powder Puff
Senior Class Play

"A girl should be two things: classy and fabulous."
-Coco Chanel

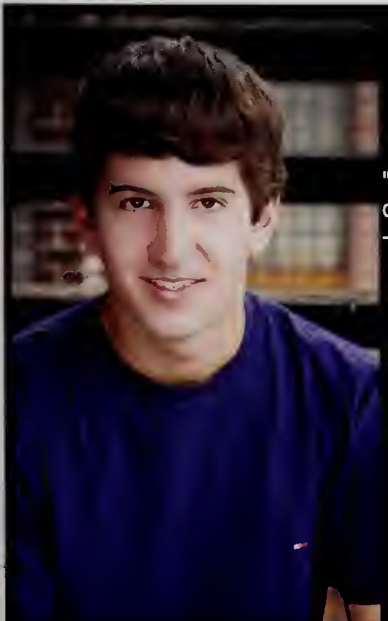
"Reality is wrong. Dreams are for real."
-Tupac Shakur

Taylor Ollari

Field Hockey 9
Key Club 10, 11, 12
OP 9, 10, 11, 12
Senior Class Play 12
YOLOball 11, 12
Ultimate Frisbee 10

"To live is the rarest thing in the world. Most people exist, that is all."
-Oscar Wilde

"All that we see or seem is but a dream within a dream."
-Edgar Allan Poe



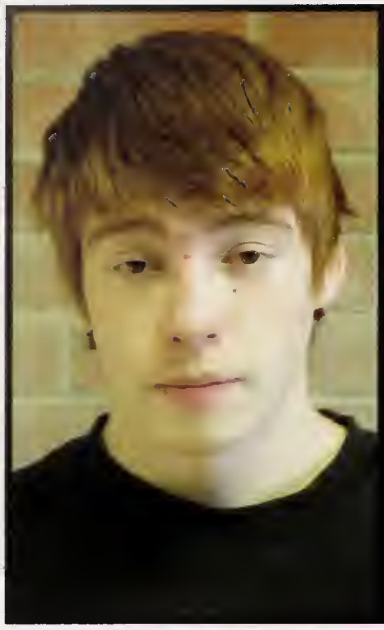
Matthew Paleologopoulos

Smallsy, Matt P.

"Deny, deny, deny, deny, deny."
-Dan Ehrlich

Vivek Palreddy

"Strive for success. Gochu."
-Joey Lee



Adam Paquette

Hayley Payne

H-Pizz

Field Hockey 9, 10, 11, 12
Accidentals 11, 12
OP 10, 11, 12
YOLO ball 11, 12
Ultimate Frisbee 10
Senior Class Play

"Reality is wrong, Dreams are for real."
-Tupac Shakur

"We are each of us angels with only one wing, and we can only fly while embracing each other."
-Ann Simons LHSFK2K12

Richard Pelchar

Ricky

"May the wind under your wings bear you where the sun sails and the moon walks."
-J.R.R. Tolkien

Eric Pers

Jazz Ensemble 9, 10, 11, 12
Massachusetts Youth Wind Ensemble 11, 12
Youth Jazz Orchestra 12

"Do it anyway."
-Ben Folds

"Is mayonnaise an instrument?"
-Patrick Star

Zoe Piccus

Zo

Swimming 9, 10, 11, 12C
Yearbook 11, 12
NHS 11, 12
Rachel's Table Teen Board 11, 12
DJST 10, 11, 12
Senior Class Play
Powder Puff

"In this moment now, capture it remember it."
-Taylor Swift

"Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."
-Winston Churchill

Kevin Pierce

KP

Football 9, 10, 11, 12
Basketball 9
JCC Bball 12

"Dude, I never shave my leg hair."
-Eric Barsalou

"You gotta do what you gotta do."
-Coach K

"If you ain't first, you're last."
-Ricky Bobby

Christopher Pierson

"People say nothing is impossible, but I do nothing every day."
-Whinnie The Pooh

Samuel Plotkin

Splot

Baseball 9, 10, 11, 12
Football 9, 10, 11, 12
Key Club 10, 11, 12
BPA 10, 11, 12
JCC Bball coach 11, 12

"It's not the size of the dog in the fight, it's the size of the fight in the dog."

Michael Poisson

Mike

Basketball 9, 10
Football 9, 10
Baseball 9, 10, 11, 12

"No self respecting girl would go out with a guy who's 0 for 11."

"This is the stupidest friggen team I've ever coached."

"Mike, Brian, Sam, with the JV's"

"You're not invited, so just go home."

Grace Polak

Gracie

Lacrosse 9, 10
Field Hockey 9, 10
Lacrosse Manager 11
Field Hockey Manager 11, 12
NHS 11, 12
SADD 9, 10, 11, 12

"Everybody's a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid."

"Surround yourself with good people who make good decisions."
-Bill Togner

"If you can't play with grace, play with style."

Mollie Posnik

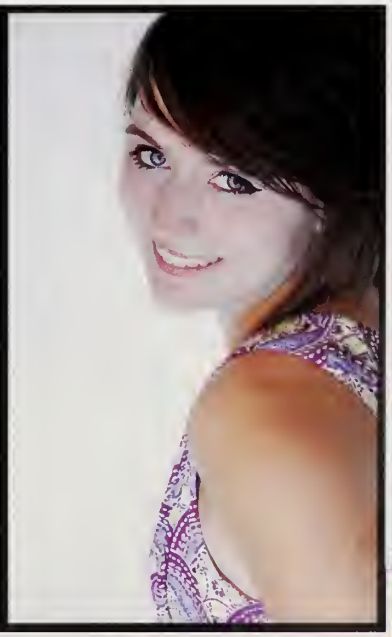
Theatrix 9, 10, 11, 12
Women's Group 9, 10, 11, 12
NHS 11, 12
Drama Club 9
Key Club 10

"This is what theatre is! It is joy one day, and it's gone the next; it's like a religion and I don't apologize for wanting to be part of that."
-Smash

Jennifer Putnam

Basketball 9
Impressions 10, 11, 12
Key Club 10, 11, 12
NHS 11, 12

"Write to be understood, speak to be heard, read to grow."



Kyle Quinn

Shoprite, Enfield CT

"Life's a party, live it."
-"The Garage"

Kelsey Regan

Lacrosse 9, 10, 11, 12
Indoor Track 9, 10, 11, 12C
Soccer 9, 10

"Don't cry because it's over, smile because it happened."
-Dr. Seuss

Katherine Reggiannini

Reggie

Cross Country 9, 10, 11, 12
Indoor Track 9, 10
Outdoor Track 10
Lacrosse 9
S.A.D.D. 10, 11
Key Club 9

"Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."
-Nicholas Sparks

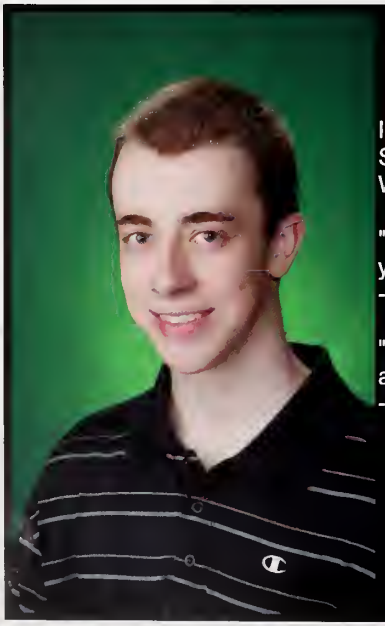
Brian Reid

Breid 2Chainz

Baseball 9, 10, 11, 12
Basketball 9, 10
Indoor Track 11
Key Club
Interact Club

"I got that Justin Bieber, please believe it."
-Rick Ross

"So many shades, they thought I had a lazy eye."
-Rick Ross



Kevin Reilly

Interact Club 11, 12
Springfield Country Club
Waiter 11,12

"You miss 100% of the shots you don't take."
-Wayne Gretzky

"I'm sorry, if you were right, I'd agree with you."
-Robin Williams

Ethan Requardt

Interact Club 9, 10, 11, 12
Ultimate Frisbee 9, 10, 11, 12C
Swimming 11, 12C
Water Polo 11C
NHS 11, 12
Lifeguard 9, 10, 11, 12

"Leaves are falling all around, It's time I was on my way. Thanks to you, I'm much obliged for such a pleasant stay. But now it's time for me to go. The autumn moon lights my way. For now I smell the rain, and with it pain, and it's headed my way. Sometimes I grow so tired, but I know I've got one thing I gotta do. Ramble on."
-Led Zeppelin

Nakeisha Roberts

Outdoor Track 9, 10, 11, 12
Indoor Track 11, 12

Katherine Rosen

Field Hockey 9, 10, 11, 12
Lacrosse 9, 10, 11, 12
Indoor Track 9, 10, 11, 12

"We are each of us angels with only one wing, and we can only fly while embracing each other."
-Ann Simons LHSFH2K12

Austin Rowe

A. Rowe

Swim & Dive 11, 12C
Key Club 9, 10, 11, 12
XC 9, 12

"If your dreams don't scare you, they aren't big enough."
-Albert Einstein

"Do not travel the road most followed, but make your own path for others to follow."
-Malcolm Forbes

Tiffanie Russo

Tiff

Art Club 9, 10, 11, 12
Pottery Club 11, 12

"You live and learn, life is meant for making mistakes."

Spoorthi Sampath

Spo

Impressions Magazine
9, 10, 11, 12
Womens Group 9, 10, 11, 12
NHS 11, 12
Key Club 10, 11, 12

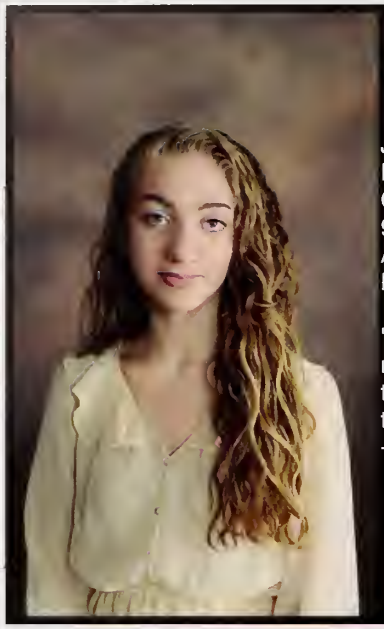
"You have three choices in life- give up, give in, or give it your all."

Alexandra Santiago

Allie

Cross Country 9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Outdoor Track 9, 10, 11, 12
Lyrics 11, 12
Accidentals 12
I Cantori 12

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."
-"Oh, The Places You'll Go" by Dr. Seuss



Anna Schwartz

Jet Jotter 9, 10, 11, 12
Debate Team 9, 10, 11, 12
Chamber Orchestra
9, 10, 11, 12
Accidentals 12
NHS 11, 12

"Do not go where the path may lead. Go instead where there is no path and leave a trail."
-Ralph Waldo Emerson

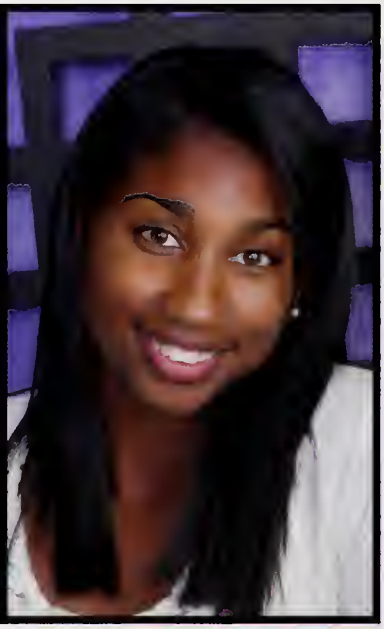
Joseph Scibelli

Joey, Cheif, Scibelli

Football 9, 10, 11
Ultimate Frisbee 11, 12
Senior Class Play
McDonald's 11, 12

"Be happy with every decision you make, live with no regrets."

Candice Scott



Chandler Scyocurka

Chan, Chaunc, Swatsky

Soccer 9, 10, 11, 12
Track 11, 12
Spanish Club 11, 12
BPA 11, 12
DONDA
French Maf 6-12

"I specifically ordered Persian rugs with cherub imagery!!! What do I have to do to get a simple Persian rug with cherub imagery, uuuuugh."
-Kanye West

Michael Sell

Sell

Football 9, 10, 11, 12C
Baseball
Christian Prayer Club Leader

"I can do all things through Christ who strengthens me."
-Philip 4:13

"I won't quit, till no shirt will fit."

Alex Shapiro

Shapdaddy, A- Shap, Shaps, Alshpi

Soccer 9, 10, 11, 12
Basketball 9
Indoor Track 10, 11, 12
Track 9, 10
Frisbee 11, 12
NHS 11, 12

"Livin' the dream"
- Blake Webler

Connor Shea

Ultimate Frisbee 11, 12
Soccer 9
Engineering Internship 12
Track 9, 10

"The reason why tigers eat their young."
-Mr. Williams

"The poster child for underachievement."
-Mr. Williams

Keri Shea

Swimming 9, 10, 11, 12
NHS 11,12

Megan Shea

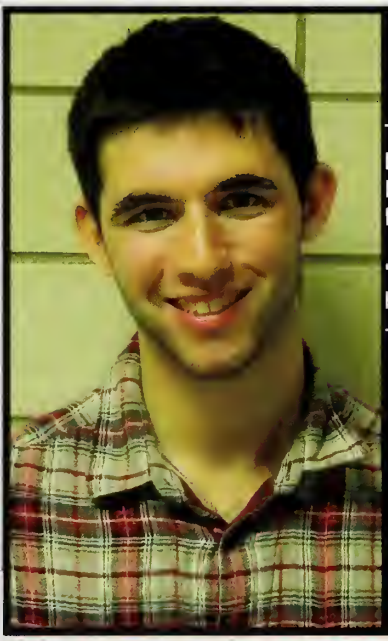
Megshea, NC

Field Hockey 9, 10, 11, 12C
Lacrosse 9, 10, 11, 12
NHS

"Standing back from situations gives you the perfect view."
-Jay - Z

"Let love and respect guide you."
-Beyonce Knowles

"We are each angels with only one wing, and we can only fly while embracing each other."
-LHSFH2K12



Tayyab Sheikh

Tyrac, Sheikdaddy

Tennis 9, 10, 11, 12
Basketball 9, 10
Football 9
Key Club

"Come on guys, it's not that bad."
-Michael Mariano

Alexander Sherman

Sherman, Sherm, Sherm Dog

Cross Country 9
Outdoor Track 10
Football 10, 11

"If you are going through hell, keep going."
-Winston Churchill

"An eye for and eye only ends up making the whole world blind."
-Mahtma Gandhi

William Shrenker

Austin Sierra

Pierre

Football 9, 10, 11, 12
Basketball 9, 10, 11, 12
Lacrosse 9
Mobil Gas Station

"Heroes get remembered but legends never die"
-The Sandlot

"You miss 100 percent of the shots you never take."

John Sinclair III

Stock Club 9, 10, 11, 12
President of Stock Club 11, 12
Key Club 9, 10, 11, 12
Crew 9, 10, 11, 12

"Life is tough, but it's tougher if you're stupid"
-John Wayne

Hannah Skiest

Skiest

Swimming 9, 10, 11, 12
Outdoor Track 10
Key Club 9, 10, 11, 12
NHS 11, 12
Rachel's Table Teen Board 10, 11, 12

"When I leave this world, I'll leave no regrets."
-Beyonce Knowles

Logan Skole

Lo, Logie, Logie-ogie-bear

Lacrosse 9, 10
XC 10
Best Buddies 11, 12
Senior Class Play
Powder Puff

Dylan Smith

Ski Team 9, 10, 11, 12
Cross Country 10, 11, 12
Ultimate Frisbee 11, 12
Key Club 11, 12

"Not all who wander are lost."

"An inconvenience is an adventure wrongly considered."

April Solon

Ape

Outdoor Track 9, 10, 11, 12
Indoor Track 9, 11, 12
Art Club 9, 10, 11, 12
NHS 11, 12

"This above all: to thine own self be true."
-"Hamlet", William Shakespeare

Julia Spelman

Jspels, Jalia, Jol

Cross Country 9, 10, 11, 12
Accidentals 10, 11, 12
Powder Puff 12
Senior Class Play 12
Orchestra 12
Gatekeeper 12

"And I believe there is a time for meditation and cathedrals of our own."
-Billy Joel

Mariah Stambovsky

Stambo, Bo

Basketball 9
Key Club 9, 10
Rays of Hope 9, 10, 11, 12

"Nobody can go back in time and start a new beginning, but anyone can start today and make a new ending."

David Stewart

Stew, Stewie, DStew, Stewbear,Stevie, Davey

Wrestling 9
Indoor Track 10
Outdoor Track 11
Key Club 10, 11

"Ignorance is bliss."

"Live and let die."

"Make a moment and live in it."

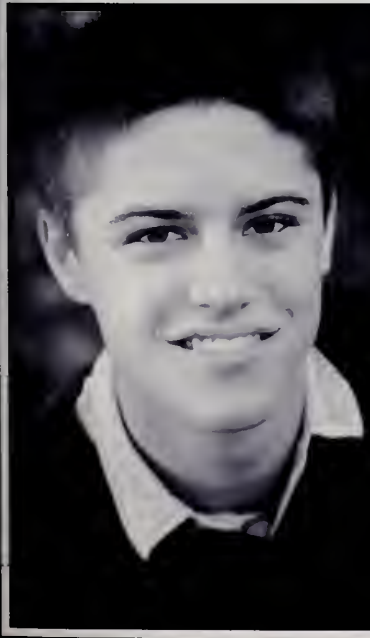
Matthew Stockley

Wizard, Wiz, Stock

Baseball 9, 10, 11, 12
Hockey 11, 12

"We come out hard, so we come out hard."

"What you know bout walkin in the Gucci store and they salute."



Nathan Strain

Nate

Football 9, 10, 11, 12
Ultimate 11, 12
Swimming 12

"Be the change you want to see."

Jane Stream

Dance 9,10,11,12
Swimming 9,10,11,12
Volleyball 10
Senior Class Play
Choreograhpher

"I lie every second of the day. My whole life is a sham."
-George Costanza

"Serenity now, insanity later."
-Lloyd Brown

Alexander Strempel

Strempel, Stremp

Baseball 9, 10, 11, 12
Indoor Track 10

"ELE! Everybody Love Everybody"
-Jake Moon

"I'm a peacock, you gotta let me fly!"
-Terry Holtz

"They are laughing at us... they laughed at Louie Armstrong when he wanted to go to the moon, now he is up there laughing at them."
-Chazz Michael Michaels

Matthew Suzor

Cross Country 9, 10, 11, 12
Indoor Track 10, 11, 12
Outdoor Track 9, 10, 11, 12
Debate Team 9, 10, 11, 12
As Schools Match Wits Team 11, 12

"I'd rather wake up in the middle of nowhere than in any city on Earth."
-Steve McQueen

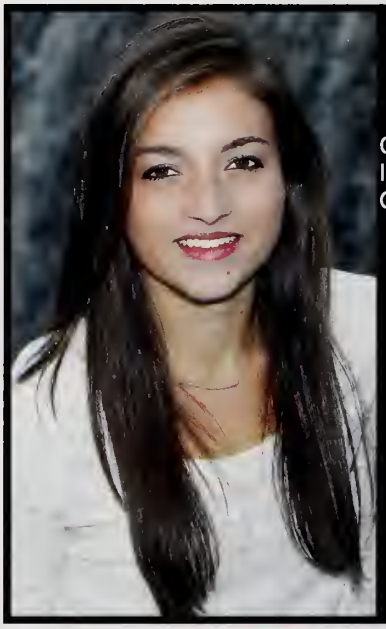
Makayla Syphrit

Mak, Syph

Volleyball 9, 10
BPA 10, 11, 12

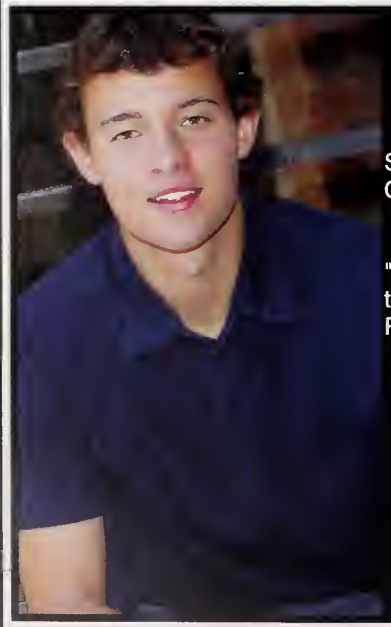
"We are blind before we can see; we are broken before we can fly."
-Buddha

"I'm officicially off the rails, you should try it."
-Effy Stonem



Olivia Szostkiewicz

Cross Country 9, 10, 11, 12
Indoor Track 9, 10, 11, 12
Outdoor Track 9, 10, 11, 12



Will Szostkiewicz

Sauce

Soccer 9,10,11
Club Revolution 10,11,12

"I don't know what I was thinking with that penalty."-
Robin Van Persie

Dillon Talbot

Dill-bot

Football 9,10,11,12
Ultimate Frisbee 11,12
Lacrosse 9,10

"If you're not first, you're last."-
Reese Bobby

"I look good."-Ron Burgundy

"Once we accept our limits, we go beyond them."-
Albert Einstein

Morgan Taniwha

Morgie

Horseback Riding

"Obstacles are put in our way to see if we really want to reach out goals or if we just thought we did."

Shane Taylor

Indoor Track 9
Swimming 10, 12
Ultimate Frisbee 10, 11, 12

"Only God Knows Why."
-Kid Rock

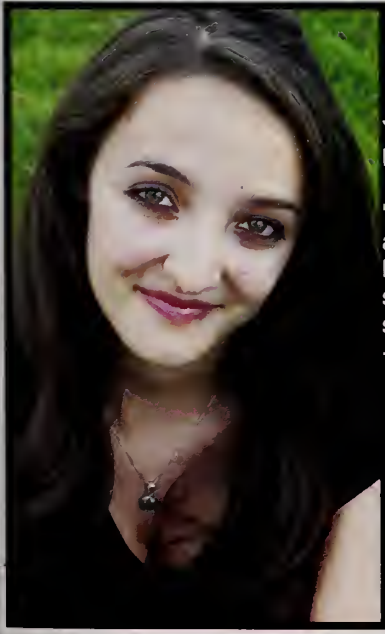
"If you ain't first, you're last."
-Ricky Bobby

Steven Tignor

Ashley Toebes

Tobs, Dudet

Key Club 9, 10, 11, 12
Tennis 9, 10, 11, 12



Lena Topitzer

Yoga Club 11
NHS

"There is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think."
-Winnie the Pooh

Alexander Torpey

Torp

Football 9, 10, 11, 12
LHS B.P. 9, 10, 11, 12

"Be the change you want to see in the world."
-Gandhi

"Dude, I think it's out of butane."
-Kevin Pierce

"I can't feel my teeth."
-Angela Caputo

Amanda Tyler

Manda, Mander, Ant, Toya

Volleyball 9, 10, 11, 12C
Basketball 9, 10, 11, 12
Outdoor Track 10, 11, 12

"When deeds speak, words are nothing."
-Pierre-Joseph Proudhon

"If you really want to be happy, always try to do what's right."
-Bill Blackman

Christopher Valdes

Val Diesel, Deez Meister, Talented Youth

Longmeadow Symphony Orchestra 9, 10, 11, 12
Men's Chorus 9
Lyrics 10, 11, 12
Chamber Orchestra 10, 11
Co-Director 12
Senior Class Play 12
As Schools Match Wits 12

"Who rattled the rich? Tell the truth."
-Newt Gingrich

Alec Walt

Waltie, Walt

Indoor Track 9, 10
Outdoor Track 9
Ultimate Frisbee 10, 11, 12
Football 9, 10
Key Club 10
Haiti 10, 11, 12
Men's Chorus 9, 10, 11, 12
Swimming 11, 12

"Anything is possible."
-Kevin Garnett

Billy Walthouse

Big Bill, Walters

Golf 9, 10, 11, 12C
Baseball 9, 10
NHS 9,10

"It's not the size of the man, but the size of his heart that matters."
-Evander Holyfield

"12 Bucks"
-Jeter

Gabriel Webb-Millet

Blake Webler

Phweebla, Phweebs, Kingfish

Basketball 9
Baseball 9, 10
Golf 10, 11, 12

"Failing to prepare is preparing to fail."
-John Wooden

"Do or do not, there is no try."
-Yoda

Samuel Weinberg

Sam, Samurai

Track and Field 10, 11, 12
Ultimate Frisbee 9
Interact Club 9, 10, 11, 12
Working for Mr. Tint
Working at Northampton Airport

"If you feel that you can't go on and your will's sinking low, just believe and you can't go wrong. In the light, you will find the road..."
-Led Zeppelin

Nathan Weissman

Weissman, Nate, Weissdawg

Soccer 9
Track and Field 10
Tennis 11, 12
Football 12
JCC Basketball 9 , 10, 11, 12

"Play like a champion today."
-Notre Dame Football

"Nothing is impossible, just improbable."
-Hitchhikers Guide to the Galaxy

Anthony White

Tony, TWhite, Danny White, Ton, One speed Tony White

Football 9, 10, 11, 12
Track 9, 10, 11, 12
NEBCO 10, 11, 12
Interact Club 11

"Don't tell nobody now."
-Coach Crawford

"Okay tough guy."
-Zack Chernick

"And that's how you break a jar..."
- John Williams

"More height!"
-Cam Green

Colin White

Trevon White

TT, TreTre

Football
Track
Church Basketball
Unity Club

"I've failed over and over and over again in my life and that is why I succeed."

Michael Woods

Woodsy, Spoom

Football 9, 10, 11, 12
Basketball 9, 10
JCC Basketball 11, 12
Ultimate Frisbee 11, 12C

"You may say I'm a dreamer but I'm not."
-John Lennon

"I haven't seen Beauty and the Beast in like 7 years and it's my favorite movie."
-Adam Demamp

Kimiko Wysocki

Kimi

Women's Group 9, 10, 11, 12
Key Club 10, 11, 12
Art Club 11, 12
East Asia Club 11, 12

"So it goes."
-Kurt Vonnegut

Mikayla Wysocki

Mik, Mikwik

Field Hockey 9, 10, 11, 12C
Ultimate Frisbee 10, 11, 12
Swimming 11
NHS 11, 12

"We are each of us angels with only one wing, and we can only fly while embracing each other."
-Anna Simons LHSFH2K12

"Happiness can be found even in the darkest of times if one only remembers to turn on the light."
-Albus Dumbledore

Derrick Yam

Soccer 9, 10, 11, 12C
Basketball 9, 10
Lacrosse 9, 10, 11, 12
Interact Club 9, 10, 11, 12
"DJST" 9, 10, 11, 12

"Honestly, if you can find a better looking guy than me, I give you props."
-Chris Hannigan's alter ego

Julie Yesu

Basketball 9, 10, 11, 12
Volleyball 9, 10, 11, 12
BPA 12

"A day without smiling is a day wasted."
-Anonymous

"Without passion, you don't have energy. Without energy, you have nothing."
-Warren Buffett

Alexander Zdonick

SENIORS
'13

FITCH

Dillon Talbot
Catherine Camacho
Eric Lee
Alexandra La Bella
Alyssa Lehouiller
Mike Sell

Noah Gurzenski
Patrick Ahearn
Alexander Leslie
April Solon
Orit Armon
Olivia Aseltine

William Aye
Ryan Blain
Sebastian Brunell
Hailey Brinnel
Kelsey Burke
Lisa Calcasola

Ashley Camerlin
Patricia Camerotta
Angela Caputo
Anna Carey
Colin Cassidy
Tayla Chait

David Copeland
Cormac Kennedy
Shane Coughlin
Alexandra Crews
Courtney Devin
Samantha Dibbern

Natalie DiBona
Brian Douglas
Nicholas Drennan
Keegan Dudeck
Nathan Elder
Hannah Epstein

Sarah Etkin
Katherine Fleming
James Formaggioni
Antonio Fusco
Mark Gentile II
Eve George

Hannah Gilman
Hannah Glick
Samantha Goldaper
Taylor Gordenstein
Erica Haines
Thomas Hannigan

Christopher Hannigan
Jillian Heger
Cecilia Hennessy
Meghan Hurley
Jennifer Hurwitz
it's a mystery!

Ariella Jaron
Brenton Jenkins
Meghan Jones
Ethan Kadis
Zachary Kalman
Owen Kelleher

Rose Kelly
Tim Kennedy
Kimoko Wysocki
Rachel Kofman
Rachel Korn
Jacob Krainson

Ashley Kratovil
Samantha Krevelin
Caroline Kusiak
Ben Leavitt
Mary Lemay
Christopher Lockhart

Laurence Lohman
Spephanie Loizzo
Elise Lombard
Anthony Luongo
Rachael Lyons
Morgan Mailman

Briana Mango
Michael Mariano
Robert McClure
Molly McQuade
Mikayla Wysocki
Shea Kelly

Sally Mikhlin
Poornima Manikantan
Julia Morisi
Christopher Mucci
Andreas Mueller

Kristen Nadeau
Justin Nathan
Tyler O'Brien
Alexa O'Hara
Zoe Ochoa
Taylor Ollari

Hayley Payne
Matthew Paleologopoulos
Vivek Palreddy
Hayley Payne
Zoe Piccus
Chris Pierson

Grace Polak
Mollie Posnik
Kyle Quinn
Kelsey Regan
Katherine Reggiannini
Kevin Reilly

Ethan Requardt
Austin Rowe
Tiffanie Russo
Spoorthi Sampath
Alexandra Santiago
Anna Schwartz

Joseph Scibelli
Shane Taylor
John Sinclair
Hannah Skiest
Logan Skole
Dylan Smith

April Solon
Julia Spelman
Mariah Stambovsky
Morgan Taniwha
Ashley Toebes
Amanda Tyler

Samuel Weinberg
Nathan Weissman
Colin White
Derrick Yam
Devante Clarke
Jessica Dee

Billy Walthouse
Stephen Freyman
Lena Topitzer
Blake Webler
Matthew Brown
Julie Yesu

Ethan Koltz
Zachary Chernick
Eliot Decker
Mary Casey
Emma Collins
Aaron Lipp

Laura Manzi
Brian Reid
Michael Woods
Simone Gelinas
Keri Shea
Jane Stream

Joseph Lee
Jeremy Koerner
Olivia Szostkiewicz
Daniel Ishak
Alex Torpey
Jackie Filomeno

Candice Scott
Julia Miller
Michael Cole

Senior Superlatives

Best Smile

Steve Krushell

Best Dressed

Cameron Decain and Zoe Ochoa

Best Eyes

Jack Dombek and Shea Kelly

Best Athletes

Keegan Dudeck and Simone Gelinas

Class Prep

Megan Shea

Most Likely to Succeed

Alex Shapiro

Best Hair

Sam Weinberg and Olivia Aseltine

Best Looking

Connor Kivari and Angela Caputo

Most Likely to be on TV

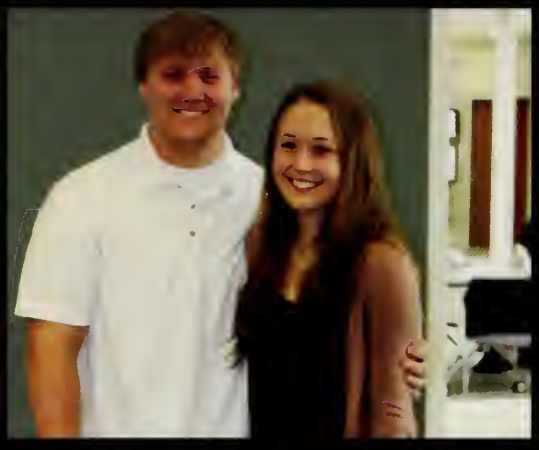
Rachel Kofman

Class Democrat and Republican

Jenna Friedberg, and Jane Stream with Sen. Scott Brown

Senior Superlatives

Class Couple



Robbie McClure and Amanda Tyler

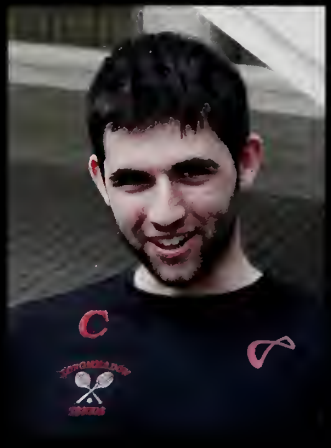
Best Car

Michael Mariano

Class Smarty Pants

Allie Santiago

Most Likely to be Late



Tayyab Sheikh

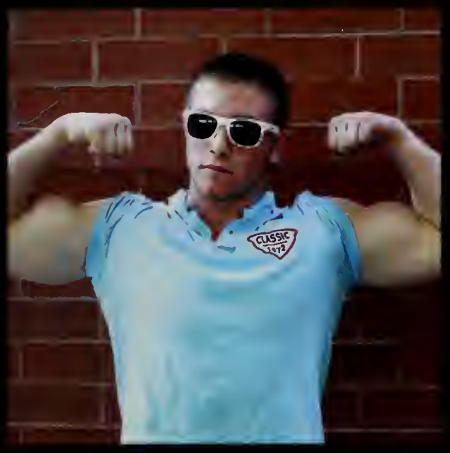
Class Hipster

John Sinclair

Biggest Boss

Zoe Ochoa

Best Muscles / Health Nut



Mike Sell

Most Friendly

Patty Camerota

Best Dancer

Raven Emanuel

Most Likely to be President

Noah Gurzenski

Most Likely to be Teacher at LHS

Ryan Blain

Best Laugh

Julia Morisi

Best Facial Hair

Ethan Kadis

Class Clown

Jeremy Koerner

Senior Superlatives

Most Likely to be a Reality TV Star / Have a Cell Phone on

Rachel Kofman

Most Likely to be Sent to the Office

Louis Calabrese

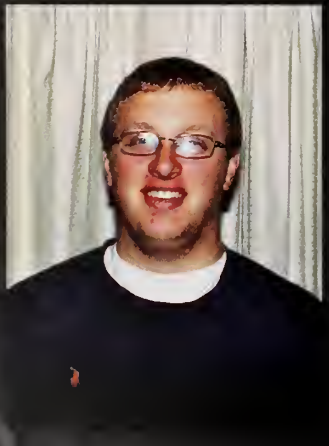
Best Musician

Shane Coughlin

Most Likely to be Famous

Alexa O'Hara

Class Tweeter

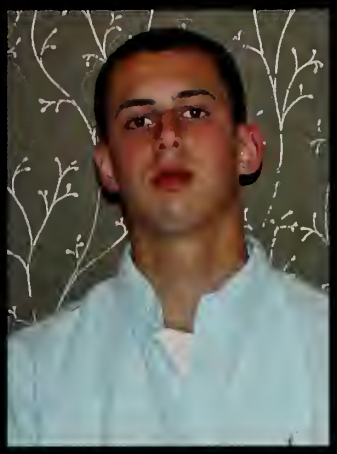


Nate Weissman

Best Voice

Hayley Payne

Most Likely to Bounce



Josh Lazarus

Most Changed

Erica Haines

Class Artist

Taylor Gordenstein

Most Likely to be on Broadway

Mollie Posnik

Most Likely to Win an Eating Contest

Austin Sierra

Most Likely to Sleep

Matt Stockley

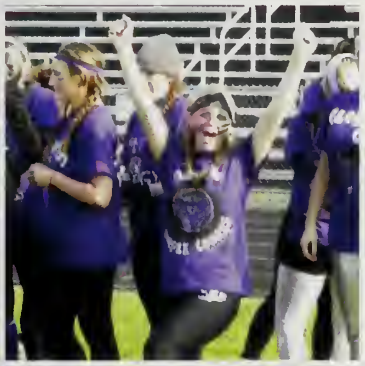
Class Prankster

Jeremy Koerner

Globo Gym

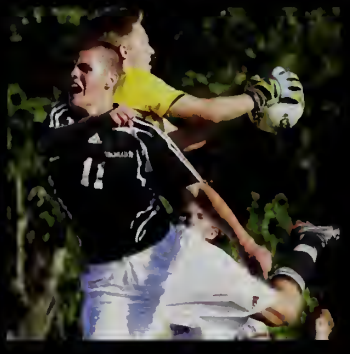
Globo Gym "rolled over" the Average Joes

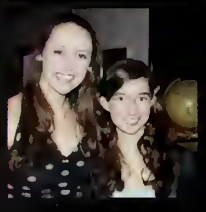
Average Joes

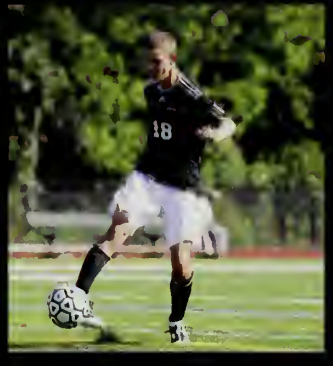


in the annual Powder Puff Football Game

Juniors







Carly Albano
Luke Alexandru
Efrat Armon
Benjamin Aronson
Minahel Atif
Brooke Baevsky

Trevor Bajek
Alexander Berardi
Caroline Bialas
Molly Biron
Manon Blackman
Abigail Boyle

Bahar Bozorgzadeh
Samuel Bray
Leah Brush
Camille Burger
Danielle Burns
Madelynn Burt

Karissa Butera
Brendan Callan
Alexa Cambi
Molly Carolan
James Casey
Mary Chamberlain

Parneet Chhatwal
Hannah Chick
Maxwell Chipouras
Martin Clayton
Sarah Clough-Segall
Chloe Connery

Griffin Connors
Joseph Consolini Jr.
Matthew Cooper
McKenzie Copland
Micaela Corbett
Christopher Cosby

Caci Cosenzi
Emily Couture
Lillian Curley-Swannie
Matthew Cuscovitch
Austin D`Agostino
Colby Daboul

Nicholas Daboul
Cameron Danalis
Elizabeth Deshaies
Andrew Desrochers
Liam Dillon
Jake Ditmar

Jacob Dragone
Matthew Draymore
Brian Dussault
John Falcone
Alicia Famiglietti
Brittany Famiglietti

Nicole Famiglietti
Tyler Famiglietti
Faranack Fazaeli
Daniel Fein
Gabrielle Fernandes
Taylor Filiault

Madeline Fitzpatrick
Emily Flahive
Haleigh Franz
Jacob Freedman
Tyler Gagne
Matthew Garrity

Kaitlynn Geier
Michelle George
Leif Gerchberg
Luke Gerweck
Eric Gibson
Sarah Glick

Matthew Goldstein
Emily Goodman
Gillian Goodrich
Hannah Gordon
Mary Grow
Travis Guzzo

Mary Haines
Michael Hanson
Ashley Heeb-Schnell
Kate Heenan
Mary Henshaw
Michael Hepper

Andrew Hinman
Christian Hughes
Griffin Hurley
Haley Jagodowski
Shubham Kanake

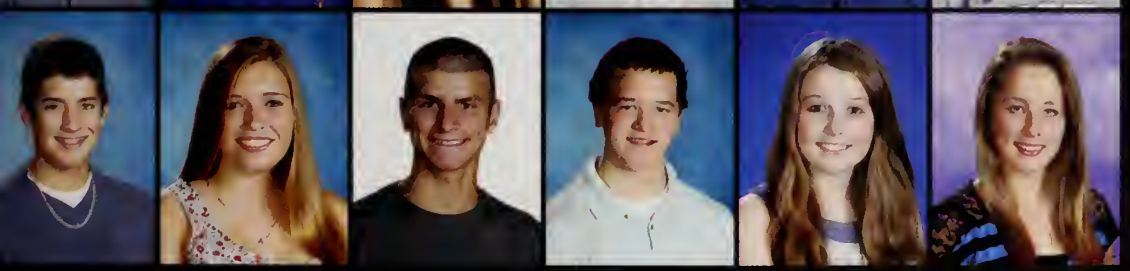
Presia Kegler
Drew Kelleher
Nicholas Kennedy
Jason Knight
Aamani Kottamasu
Katie Kratovil

Rachel Kronick
Mayank Kumar
Mariana Lachiusa
Elise Lepage
Reid Leveillee
Elizabeth Levson

Tajmah`Nae Lewis
Christine Li
Alina Libowitz
Justin Liu
Zachary Londergan
Savannah Loreto

Zachary Lukas
James MacCormick
Amir Mani
Jake Manzi
Campbell Marchant
Mary Marchese

Anthony Martin
Eric Mau
Madeline Maurer
Ian Maynard
Ryan McAdoo
Connor McCarthy



Michael McCarthy
Samantha McCarthy
Ryan McCoy
Colin McDermott
Mary McDonald
Jacquelynn McIntyre

Caroline McKenna
Molly McKeown
Theodore McLean
Alison Melchionna
Michael Metcalf
Alec Metropoulos

Mimi Mgawe
Shayne Michelman
Bridget Miller
Hayley Miller
Mary Miller
Michael Mishol

William Mitchell
Joseph Montana
Rachel Moore
Robert Moore
Sarah Moriarty
Michael Mueller

Aviva Muhlmann
Taylor Naglieri-Langlois
Conor Nash
Omar Natour
Madison Neal
Griffin Nelson

Carly Neville
Kimberly Nguyen
Mika Nizinski
Teagan Northrup
Jack Nystrom
Darby O`Connor

James O`Donnell
Kaylee O`Donnell
Caroline O`Reilly
Carlie Ollari
John Overstreet
William Palkovic

Cailin Pandolfi
Nikolas Papoutsakis
Nicholas Patel
Catherine Patton
Erica Paul
Brenna Percy

Connor Perry
Ilana Peskin
Marija Petrovic
Michael Plumb
Katherine Poisson

Adam Pollack
Michael Porcello
Jordan Pyers
Andrew Quirk
Ramisa Rahman
Isabella Ravanesi

Hannah Rembrandt
Kulsoom Rizvan
Syed Rizvi
Gabrielle Robinson
Kathleen Roffo
Jose Roule

Jessica Rourke
Jordyn Roy
David Ruyffelaert
John Ryan
Owen Ryan
Devin Samuelson

Kristina Schafer
Michelle Schein
Michael Scuderi
Jillian Scyocurka
Joseph Selden
Joshua Shrair

Zoe Siegel
Brandon Simmons
Emily Simon
Bo Sjoberg
Emilee Smith
Myles Smith

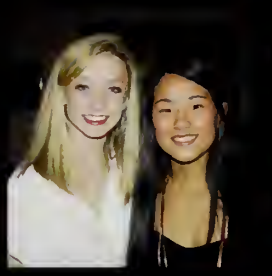
Joshua Son
Luke Sopet
Andrew Stone
Tamari Streeter
Rajesh Susai
Elizabeth Suschana

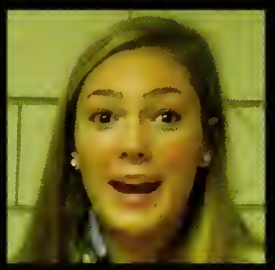
Tyler Thomas
Patrick Thompson
Nicholas Tougias
Zachary Tougias
Jonathan Travers
Shannon Tzeng

Brian Van
Claudia Volk
Abigail Wagner
Michael Walen
Sarah Wasilewski
Rachel Wetstone

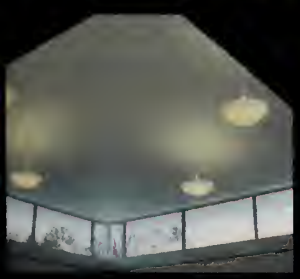
John Wheaton
Benjamin White
Yu-Ting Yu
George Yuan
Valerie Zavalunov
Rachel Zeller

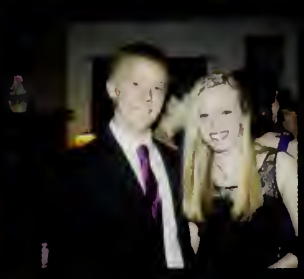
Hannah Zwaan





GOLF
WANG

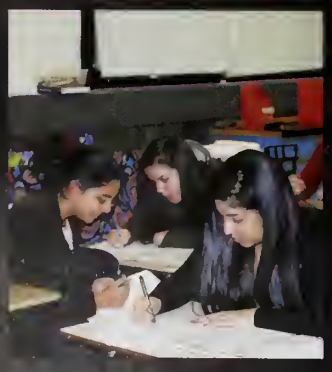


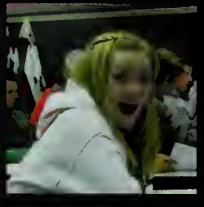


Sophomores

Like Meryl Streep, our class seems to get better with age. Last year was a sort of 'getting to know one another' act, perfectly orchestrated by our outstanding class officers. With a fresh flood of Williams and Glenbrook, our class seemed distinctively divided. No longer is that the case, however. We share a common goal now: make high school the most memorable years of our life. A year in reflection, thus far, would consist of the perennial favorite, the Sophomore Lock-In™. The event went swimmingly, despite our overly-nervous expectations. Moving forward, we hope to make Sophomore Semi a blast, and do everything we can to ensure our class has a great time here at LHS. As the great Steven Spielberg once said, "The class of 2015 is a good class." There's no need to look that up. He said that.

~Anthony Ferreira President





Taylor Adelson
Gianna Alberici
David Allgaier
Jake Amatruda
Robert Anderson
Michael Anfang

William Atheneos
Deepika Babu
Shannon Bailey
Katherine Baker
Emelia Bakowski

Alec Barkett
Jennifer Barnhart
Keegan Barry
Edward Bartlett
Natalie Bell
Anthony Belyy

Blaise Bernal
Jonathan Bernardi
Sarah Bernstein
John Blanton III
Charly Blazy
Camryn Boutin

Sarah Bray
Henry Brill
Colin Broadbent
Jordan Broadbent
Patrick Brooks
Nicholas Burns

Allison Byrne
Samuel Caillouette
Alex Calabrese
Francis Calabrese
Jennifer Callaghan
Cynthia Camacho

Michael Joseph Capozza-Brock
Maria Caputo
Lauren Carey
Samantha Carleton
Giovanni Carpentieri
Emily Carroll

Susanita Carvajal
Ian Cass
Elijah Castillo
Jordan Chase
Michael Chen
Korben Cherkas

Syng-Huan Chung
Cassandra Cieplik
Benjamin Correira
Daniel Cotnoir
Shayla Coughlin
Samantha Cox

Nicholas Crews
John Croll
Ashley Cunningham
David D`Agostino
John Dee
Matthew DeMarche

Ashley Denmark
Priyanka Devabhaktuni
Nicholas DiBona
Savannah Ditomassi
Jacob Donelon
Tighe Dudeck

Thomas Dunn
Jennifer Durocher
Liam Eagan
Alexander Ehrenberg
Justin Feldman
Manuel Fernandez

Anthony Ferreira
Madeline Foley
Anne Freeman
Katherine Frick
Matthew Friedrich
Caroline Frigon

Samuel Gallant
Lisa Garrity
Ian Gauthier
Jill Gelinas
Joshua Goldberg
Danielle Goldstein

Connor Gottzmann
Olivia Gravel
Michael Grippo
Benjamin Grodsky
Christopher Grogan
Allison Haryasz

James Heemskerk
Dylan Helmus
Nicholas Herringshaw
Rishadeane Hinds
Jordan Hurwitz
Noah Hurwitz

Chase Hussey
Ian Ireland
Julia Izzo
Mary Jablow
Sanjiti Johari
Emma Jones

Jalen Jones
Conrad Joyal
Mallory Judson
Ezra Kaim
Ross Kamin
Joshua Kang

Jung Hoon Kang
Julianne Kapner
Dylann Keaney
Charles Kelleher
Christopher King
Allison Knight

Daniel Kofman
Emily Kreinest
Ian Lantzakis
Nga Ming Lau
Kurtis Le Duc
Lucille Leavitt

Youngsun Lee
Michael Lemke
Richard Li
Sophia Lipp
Sydney Llodra
Rohini Loke

Emily Longo
Nicholas Losee
Katherine Lucchesi
Shelby Lucier
Caroline Lussier
Jonathan Mack

Sankirth Madabhushi
Zara Mahmood
Jacob Mannix
Hannah Manzi
Carli Marino
Jake Marino

Gavin McAfee-Crowley
Maire McBride
Conrad McCarthy
Katherine McCarthy
John McDonald
Timothy McGann

Madison Melikian
Andrew Metz
Allison Mishol
Sierra Morehardt
Jessie Moriarty
Trevion Moss

Marcus Mueller
Kiernan Mulcahy
Colin Murphy
Michelle Nadeau
Madeleine Neiman
Jackson Nolan

Evan Novak
Kelly Novak
Dana O'Connor
Oluwadare Odutola
Connor Ostrander
Lauren Padilla

Kelly Payne
Thomas Pelchar
Maria Perez Gelinas
Sophie Plotkin
Javier Poznar
Ryan Proulx

Sophie Psaltis
Amanda Rabideau
Quinn Rafferty
Brenna Reilly-Evans
Sydney Requardt
Arian Richardson

Joseph Rinaldi
Parker Riordan
Dieu-Lien Riquier
Emma Robin
Emily Robinson
Arianna Rodriguez

Timothy Ronaldson
Peter Roumeliotis
Melissa Rousseau
Ari Rubenstein
Max Rubin
Joseph Russo

Jenna Rutz
Dylan Rye
Abigail Salvon
Brienna Santaniello
Joseph Santaniello
Carly Santiago

Ryan Sarno
Cecilia Schirmeister
Jennie Schmuter
Joseph Schneider
Samantha Schneider
Marissa Schwartz

Sara Sciarrino
Angelina Scolari
Jordan Scott
Kyle Seabury
Michael Sedergren
David Sell

Emmett Shea
Robert Shea
Kathleen Sheehan
Temperance Shrenker
Sabrina Siciliano
Michaela Smith

Patrick Smith
Jordan Sousa
Tammy Stevens
Jillian Stockley
Isshiah Stone
Connor Strain

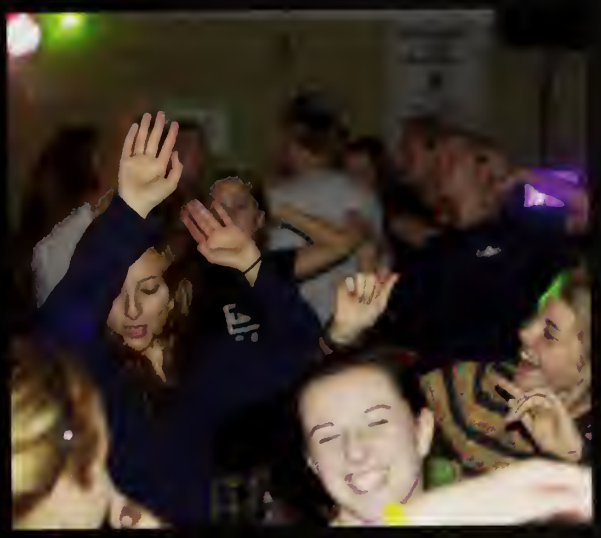
Collin Strassburg
Laura Szczepanek
Jordan Tariff
Madison Taylor
Jonathan Teixeira
Erinn Temple

Drew Termine
Zachary Tetreault
Jeffrey Thor
Alexa Tranghese
Alexander Vahadji
Emily Valencia

Derek Vien
Matthew Viens
Dylan Walker
Peter Weiss
Evan Wetstone
Sarah Whitney

Brooke Wistreich
Rachel Woods
Hannah Woolsey
Hsin-Yu Yu
Vivian Yu
Karen Zdonick

Alexa Zippin
Jami Zolotor

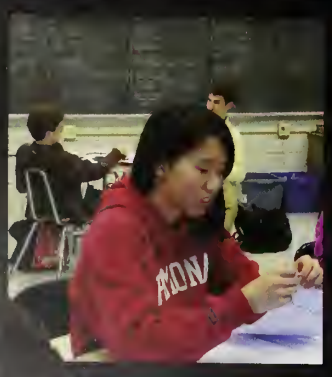
shopping centre


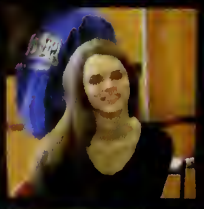
HOME OF THE LANCERS

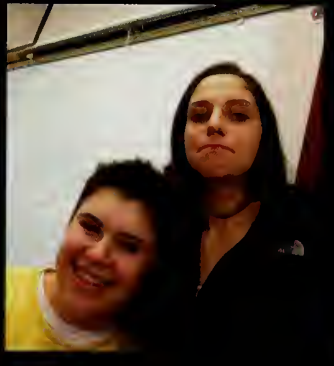
LOCK-

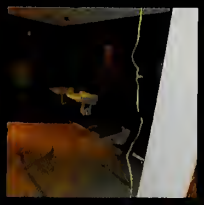
Freshmen

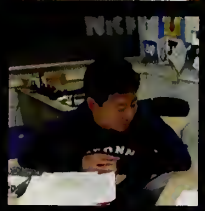
This freshman year was full of new experiences: finally being known as a "highschooler," adjusting to all the different classes (some friends were in all of them, while others were in none), seeing all the faces from elementary school that have changed so much, and reconnecting with those people. The teachers expected a lot more from the students right off the bat, with almost no time to get your bearings. But in spite of that, high school has proved to just as fun as everyone says it is. We finally get involved in so many more school activities, like all the sports, games, and art and music programs. Freshman year teaches students to take their own initiative with their learning and become a more independent person. Teachers are always kind to the freshman and are ready to help with the big adjustment that the new students are faced with. All in all, freshman year was a year for learning and fun.











Dean Ackerman
Abigail Adams
Jack Appleman
Madeleine Aseltine
Tiernan Ashe
Emerson Azevedo

Molly Bajek
Savannah Baran
Anthony Barbieri
Elli Barkett
Kevin Barrett
Stephen Barrett

Deirdre Barry
Carlián Bartholomew
Emily Beaulieu
Rachel Bechard
Taryn Berte
David Bogdanis

Jude Bonavita
Tyler Boyle
Mary Bradshaw
Margaret Brennan
Christopher Bresnahan
Nathan Brooks

Sarah Brown
Seth Brunell
Amanda Callaghan
Alexander Callan
Ryan Carmody
John Carroll

Anthony Caruolo
Stephen Casaceli
Marya Casartello
Zackery Center
Marisa Chamberland
Isaac Chase

Ryan Chwalek
Rico Cocchi
Jesse Cohen-Lindfors
Anastasia Cole
Caitlin Coleman
Mary Catherine Collins

Craig Conklin
Seth Conklin
Ryan Connelly
Phillip Cooper
Jordan Coote
Joshua Correira

Jill Corrigan
Carlos Cosby
Jonathon Cosenzi
Emily Coughlin
Ryan Cove
Madeline Crocker

Miles D`Entremont
Julia Dash
Rebekah Davis
Matthew Delson
Joseph Deshaies
Gordon Diamond

Naomi Diaz
Tyler Ditmar
Sofia Donskaya
Erin Durkin
Allison Echeverria
Scott Elder

Suzanne Elfman
Nicholas Erwin
Daniel Fernandes
Allen Finn
James Fisher
Hannah Fitzgerald

Timothy Fitzgerald
James Flahive
Emma Frankel
Meghan Franz
Rachel Franz
Joseph Fratini

Justin Frechette
Katherine Fydenkevez
Kyle Gagne
Justin Garcia
Teah Garibian
Shaylee Geier

Nicholas Gentile
Abigail Giampietro
Sarah Glass
Abigail Glick
Nicholas Goldaper
Alexander Goldberg

Sarah Goldstein
Kyle Goodrich
Harry Gordenstein
William Gordenstein
Joseph Gouvin
Lauren Granger

Isaac Greenberg
Nathan Guthrie
Sarah Hachadourian
Logan Haldopoulos
John Hanson
Matt Harris

Sabrina Hildreth
Cassondra Hill
Mark Hiltpold
Ricardo Hinds
Katherine Holliday
Erica Horowitz

Jeffrey Hottin
Alec Houff
Colin Hurley
Kevin Hussey
Colin Ireland
Emily Ishak

Jake Jackowski
Thomas Jeanis
Sara Jenkins
Zachary Johns
Christine Johnson
Cordelia Jones

Trevor Joyal
Noah Kalman
Katie Kang
Riley Kelleher
Peter Kelley
Meredith Kennedy

Samantha Kennedy
Emma Keyes-Mard
Michelle Kim
Jacob Kimball
Peter King
Jennifer Krahala

Emily Kratovil
Emma Kristoffy
Nikolas Lachiusa
Audrey Lai
Julia Langone
Elise Lemay

Ben Lepage
Christopher Leslie
Max Levin
Jerrica Li
Emily Libowitz
William Lukas

Michael Luongo
Connor Maclelland
Cameron Mailman
Zulfiqar Manzi
Garrett Marchant
Sarah Marchese

Riley Marino
Nicholas Maurer
Devan McAndrews
Colin McClure
Jessica McColley
Caroline McCoy

Maura McCoy
Anne McKeown
Daniel McLaughlin
Ally McQuade
Kayla Mernoff
Christopher Miller

Olivia Minardi
Leah Mitchell
Andrew Moody
Hailey Moseman
Weston Moss
Sarah Most

Benjamin Muhlmann
Kylie Mulcahy
Ashley Naglieri-Langlois
Dominique Napoli
Ramzi Natour
Aditi Nimbalkar

Aaron Nolan
Jordan Nunley
Marquis Nunley
Ryan O`Connor
Mary O`Reilly
Katherine O`Shea

Samuel Paleologopoulos
Nolan Pandolfi
Olivia Panetti
Katherine Paquette
Alexander Perkins
Benjamin Perruccio

Danielle Pierson
Matthew Pierson
Siena Porcello
Zachary Posnik
Campbell Powell
Allyson Quirk

Christopher Reed
Courtney Reggiannini
Aaron Richardson
Monica Rivera
William Robear
Benjamin Robinson

Jacob Roy
Matthew Ruyffelaert
Maxwell Rye
Casey Samuelson
Dominic Santaniello
Nicholas Santaniello

Isabella Santos
Matthew Scheidecker
Max Schepps
Jeffrey Schmelkin
Lisa Schmelkin
Alexander Schneider

Benjamin Schneider
Samuel Schwartz
Sara Settimio
William Shao
Olivia Shapiro
Alexandra Shea

Nicholas Shelley
Harrison Shrair
Kate Siegel
Elizabeth Sinclair
Kayla Sitler
Benjamin Skiest

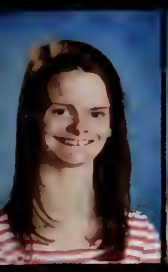
Abigail Solomon
Maia Spruell
Christiana Stamas
Tia Stathis
Paul Sterritt
Lauren Stone

Katherine Strain
Jessica Strassburg
Zachary Strempel
Maxwell Stukalin
Grace Sullivan
Olivia Sullivan

Joseph Swanson
Rebecca Szlajen
Jack Tabb
Michael Tabb
Molly Tobias
Matthew Trainor

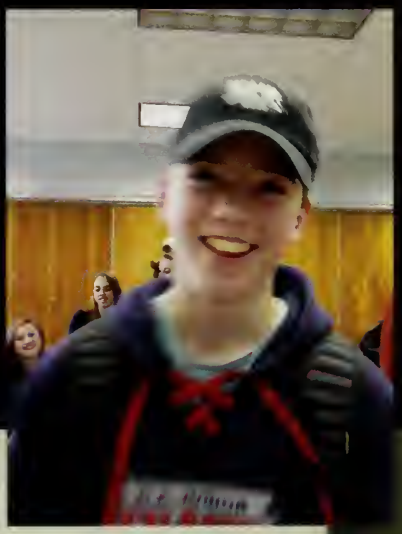
Seth Travers
Bruce Tyler
Alexandra Udell
Larissa Valdes
Anne Volk
Brett Vuori

Lillian Wagner
Sydney Walt
Matthew Walthouse
Michelle Waslick
Sarah Weinberg
Seth Wernick

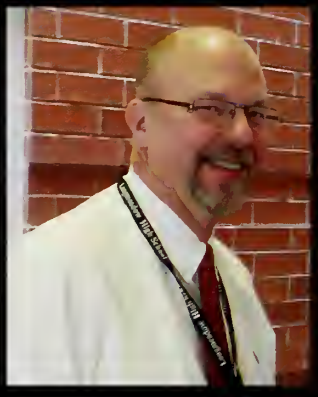


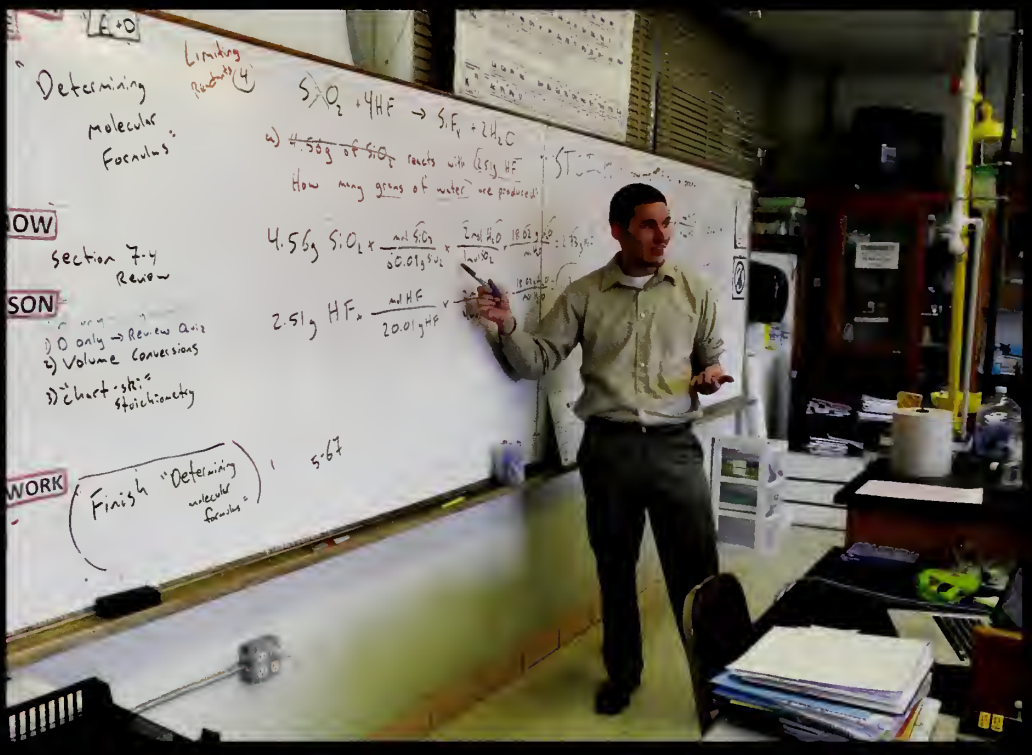
Victoria White
Vincent White
Brianna Winkler
Asa Wint
Raivan Wray
Mia Wysocki

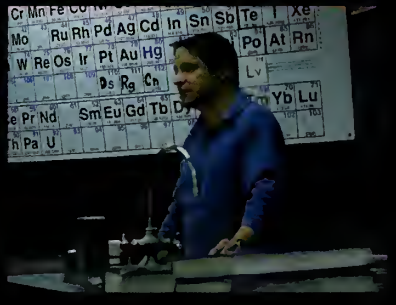
Grady Harris is not pictured

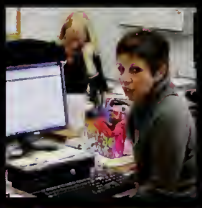


Faculty




Determining
Molecular
Formulas
Limiting Reactants
Section 7.4
Review
Volume Conversions
Finish "Determining molecular formulas"





Marco Almeida
Lisa Alves
Ruthann August
Suzanne Baker

Kellie Beluscsak
Jane Berman
Larry Berte
Julie Betancourt

Karen Locke
Maureen Cadieux
Deborah Callahan
Melissa Candon

Mike Capotosto
Mark Cormier
Janet Coyne
Lauren Crafts

Karen Cuthbert
Michael Czupryna
Susan D`Agostino
Carol Daigle

Jennifer Daly
Natalie de Gruyl
John Devine
James Dibbern

Mary Ellen Dillon
Karla Drake
Nancy Duffy
Paul Dunkerley

Patricia Dussault
Kathleen Epaul
Barbara Ezer
Katya Fedorov

Laurie Ferreira
Gideon Fischer
Christina Fisher
James Flaherty

Matt Flanagan
David Fontes
Julia Fournier-Rea
Michael Framarin

Roberta Fydenkevez
Michele Garreffi
Hilary Godin
Rita Hawker

Lorena Healy
Amy Holt
Eric Howard
Pauline Jacek

Aaron Keller
Linda Kelly
Christine Kervian
Robert Lee

Tom Landers
Meredith Laughlin
Daniel Liese
Scott Little

Jennifer Lynch
William Lyon
Donna Lyons
Sandra Macdonald

Patrick Magowan
Wendy Martin
Linda McPartlan
Jessica Moore

Rosemarie Moriarity
Michael Mucci
Judy Neilson
Robert O`Connell

Cindy O`Malley
Karen Omartian
Lois Ostrander
John Pantuosco

Denise Penna
Paula Perfito
Pamela Pion
Heather Pollard

Janine Preston
John Rauseo
Karin Riordan
Lori Robbins

Michael Rosemond
Joe Rusenko
Terry Sares
Bethanie Sawyer

Karen Shypula
Joanne Sleigh
Marianne Smith
Stacy Smith

Lori Snyder
Nick St. George
Mark Staples
Carolyn Starz

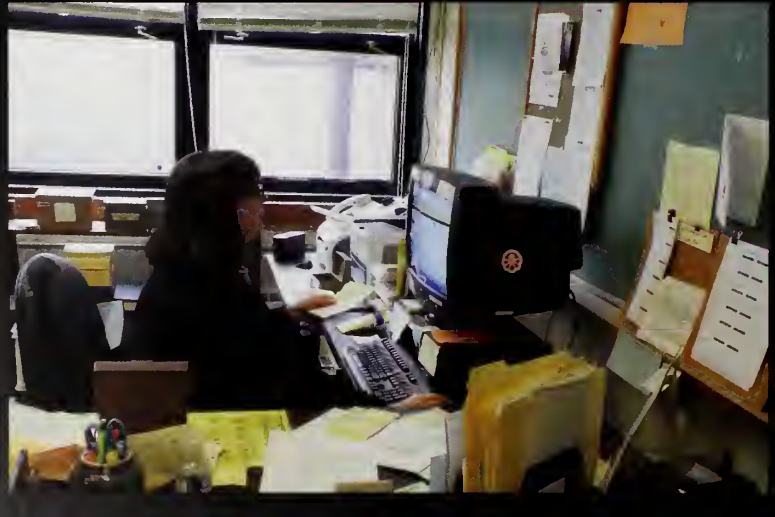
Charlotte Steele
Pam Stewart
Joseph Sweeney
Lyn Szostkiewicz

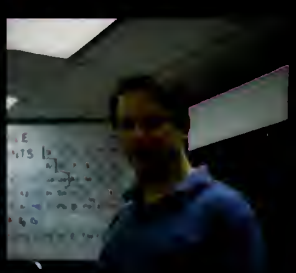
Mary Talbot-Barry
Louanne Tremblay
Susan Turcotte
Justin Valley

Lorraine Vassilopoulos
Stewart Walker
Shelly Warren
John Weaver

Robert Weir
Kathleen Wells
Kayla Werlin
John Williams

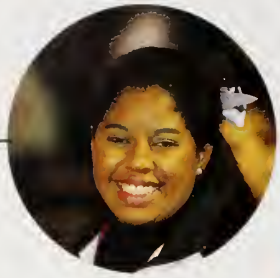
Megan Schwatrz
Tanner Williams

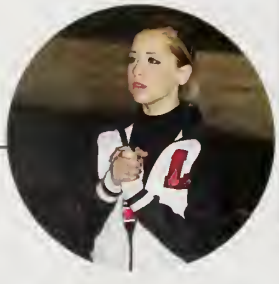


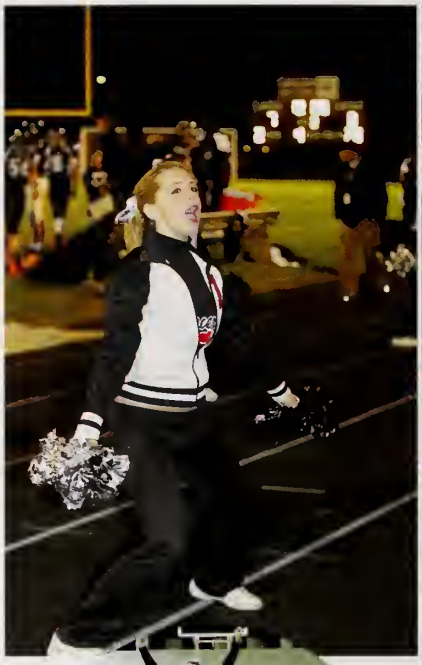


LANCERS
PRESS BOX DONATED BY PEOPLES BANK

LONGMEADOW SPORTS

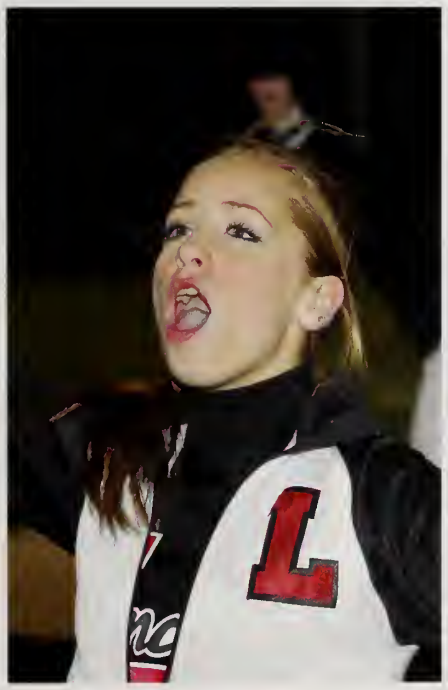


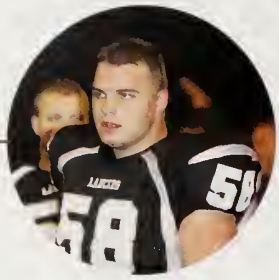


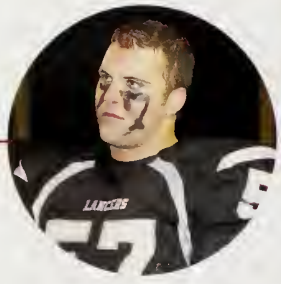


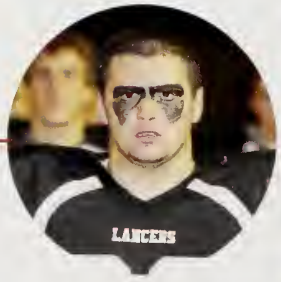
Lancers
Lancers

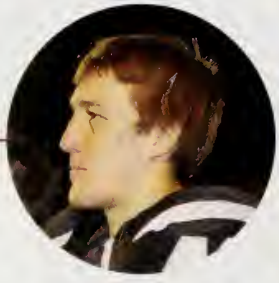
LONGMEADOW CHEERLEADING

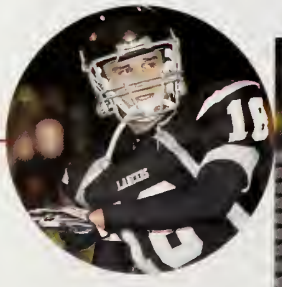


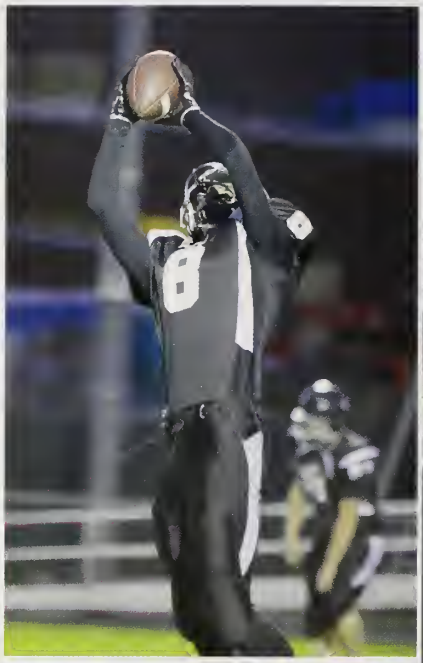






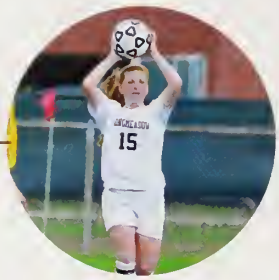






LANCERS
41
61
25
58

LONGMEADOW FOOTBALL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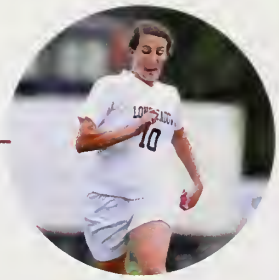
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17

19

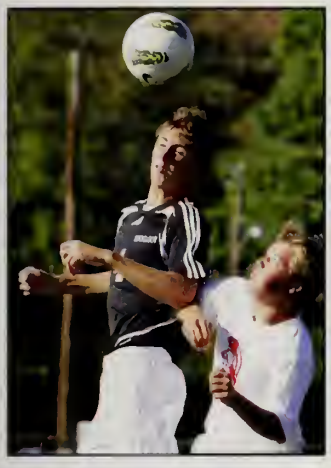
LONGMEADOW

20

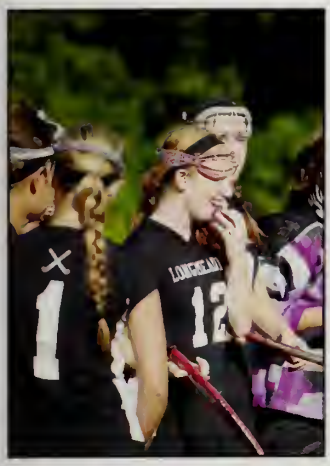
LONGMEADOW
14

LONGMEADOW
16

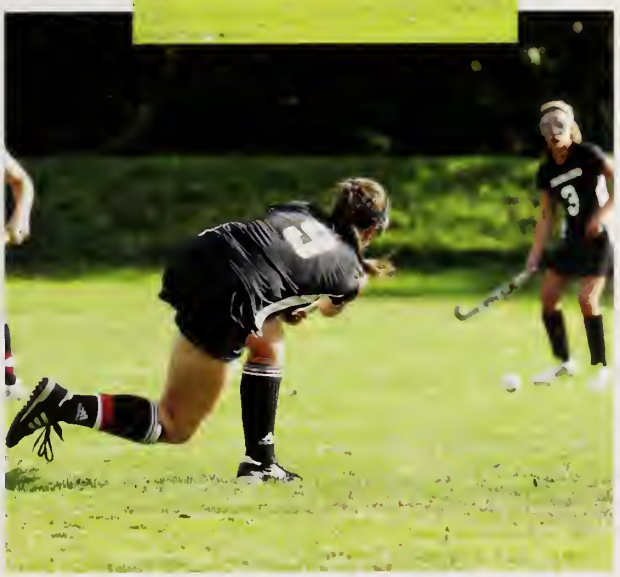
LONGMEADOW GIRL'S SOCCER

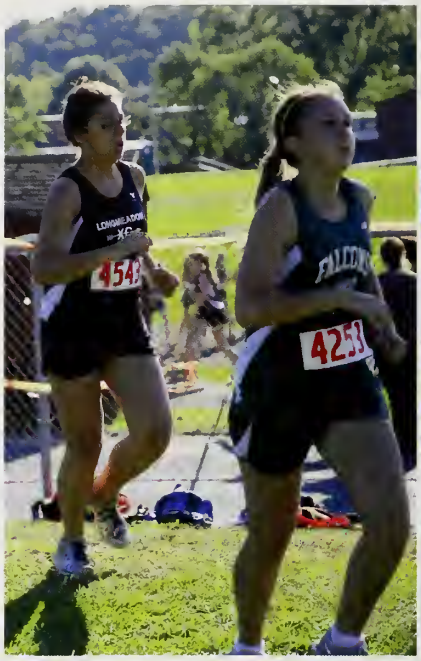


Longmeadow Boy's Soccer

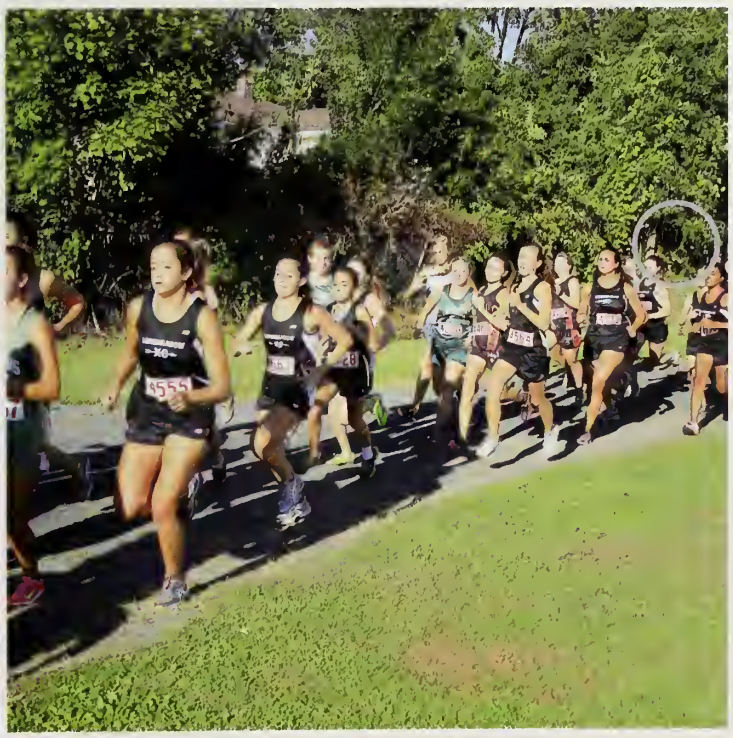


LONGMEADOW FIELD HOCKEY





LONGMEADOW GIRL'S CROSS COUNTRY

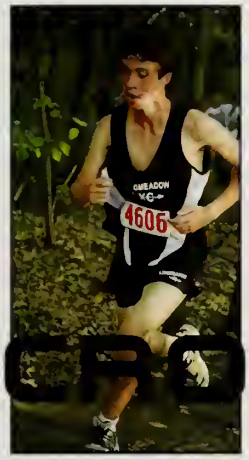


4611

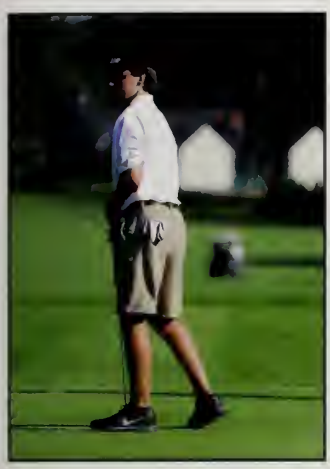
4610

LONGMEADOW
XC

LONGMEADOW
XC

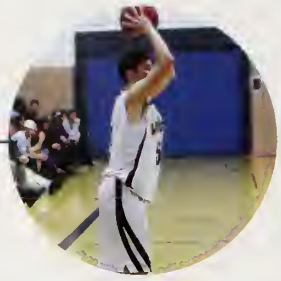


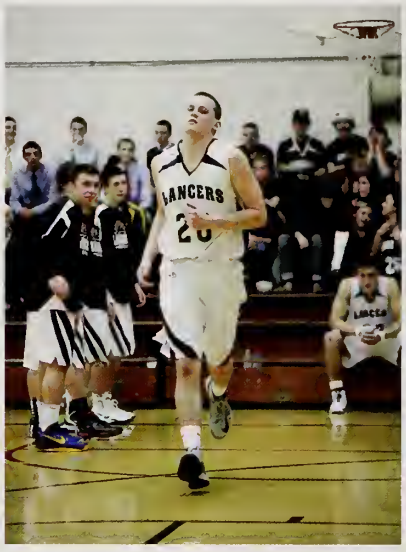
Longmeadow Boy's Cross Country



LONGMEADOW GOLF

LONGMEADOW VOLLEYBALL





LONGHORN
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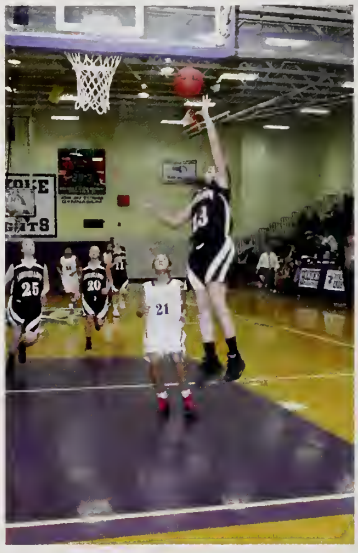
LONGHORN
3
LONGHORN
33

5

LANCERS
4

Longmeadow Boy's Basketball



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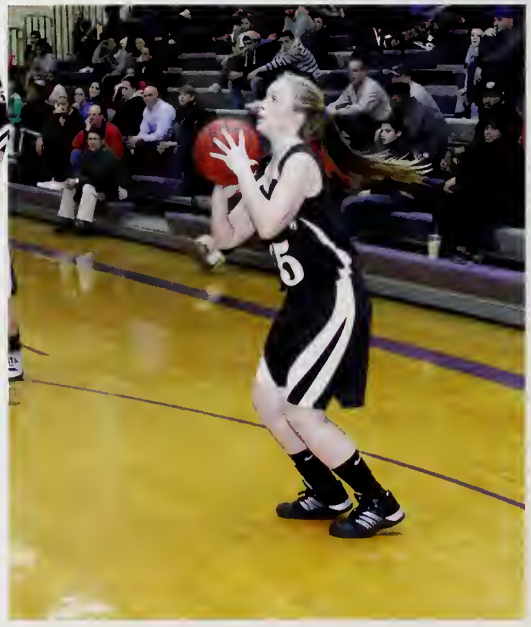
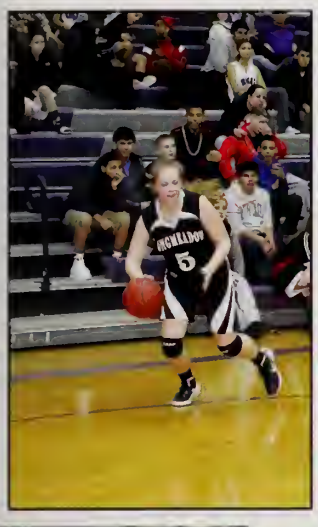
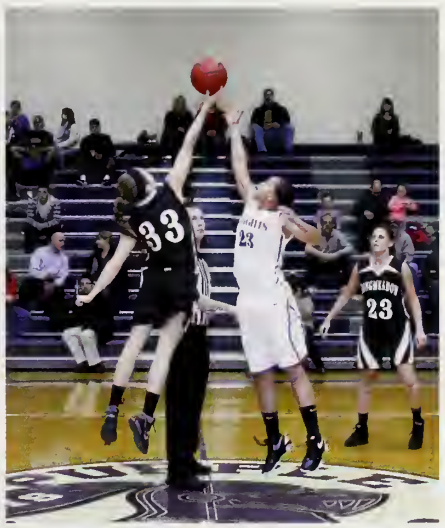


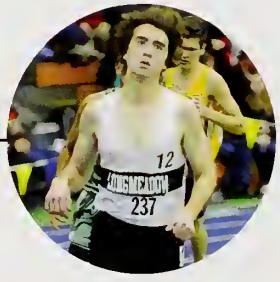


LONGMEADOW
GIRL'S BASKETBALL



Longmeadow Hockey

LONGMEADOW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LONGMEADOW
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LONGMEADOW
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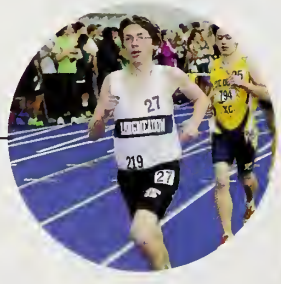
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LONGMEADOW
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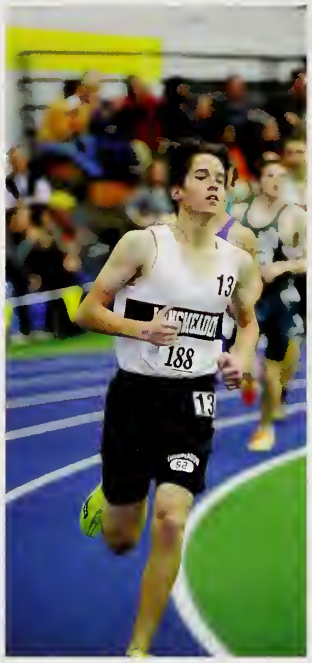
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LONGMEADOW
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LONGMEADOW
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LONGMEADOW
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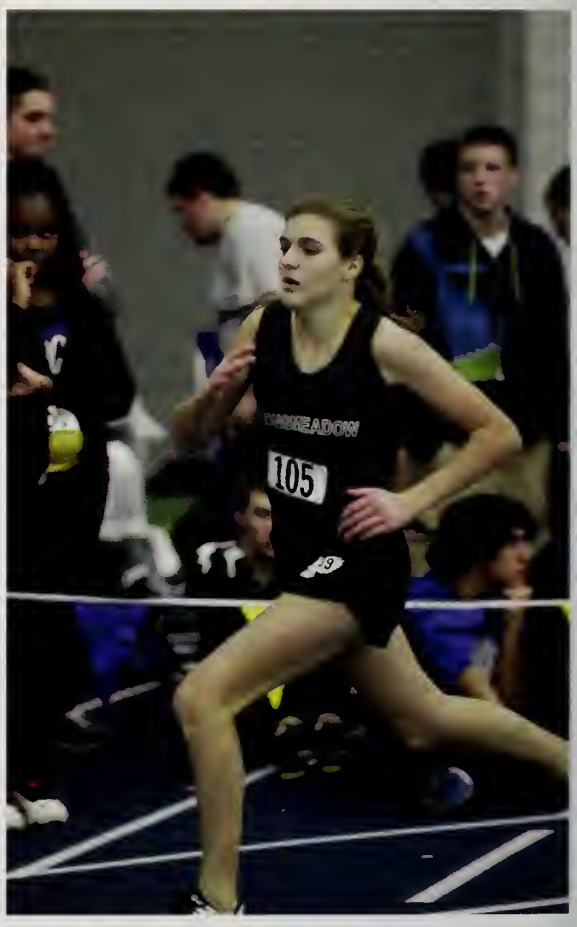
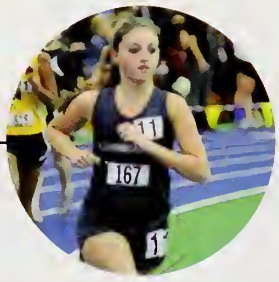
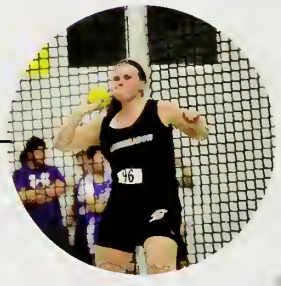
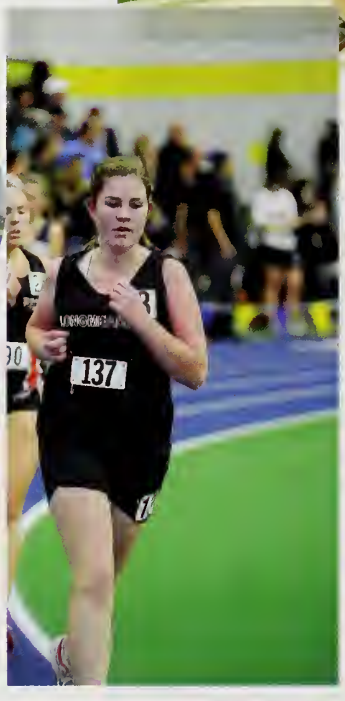
14
LONGMEADOW
182
14
18
422

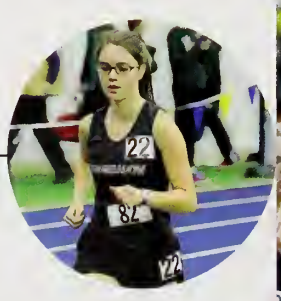
LONGMEADOW INDOOR TRACK



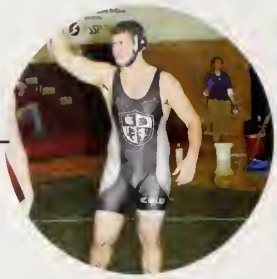


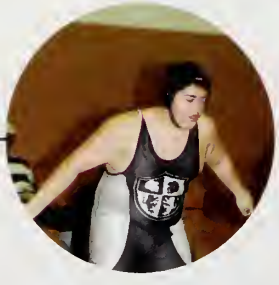


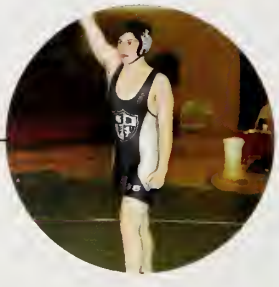




LONGMEADOW INDOOR TRACK

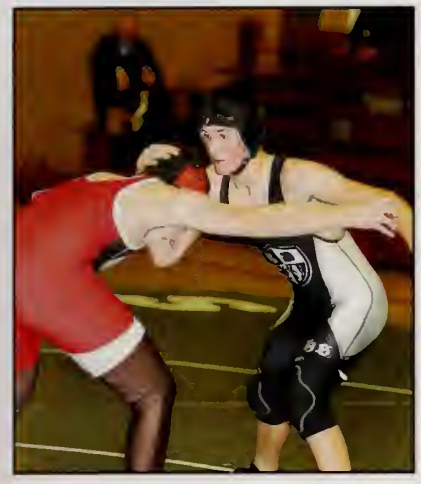


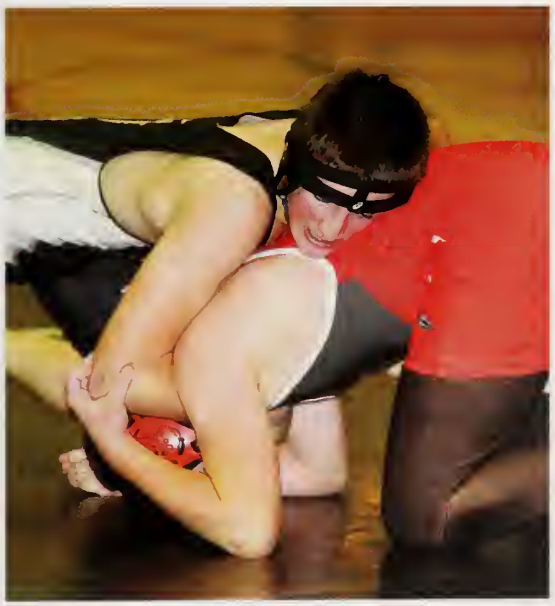




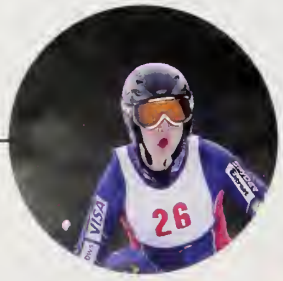
LHS
WRESTLING
LHS
WRESTLING
LHS
WRESTLING
LHS
WRESTLING

LONGMEADOW WRESTLING

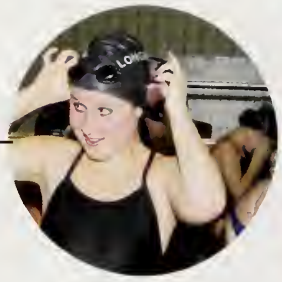


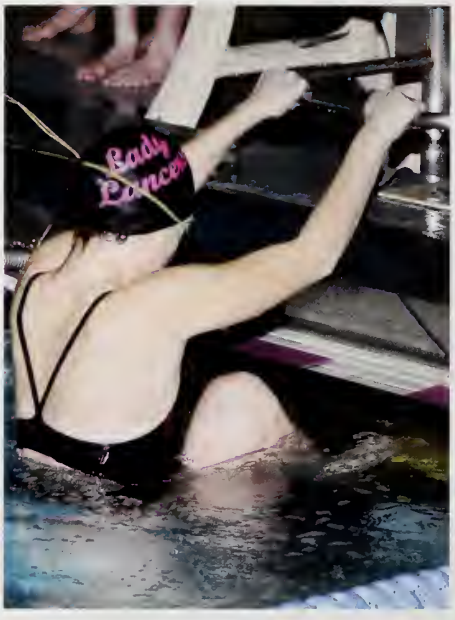


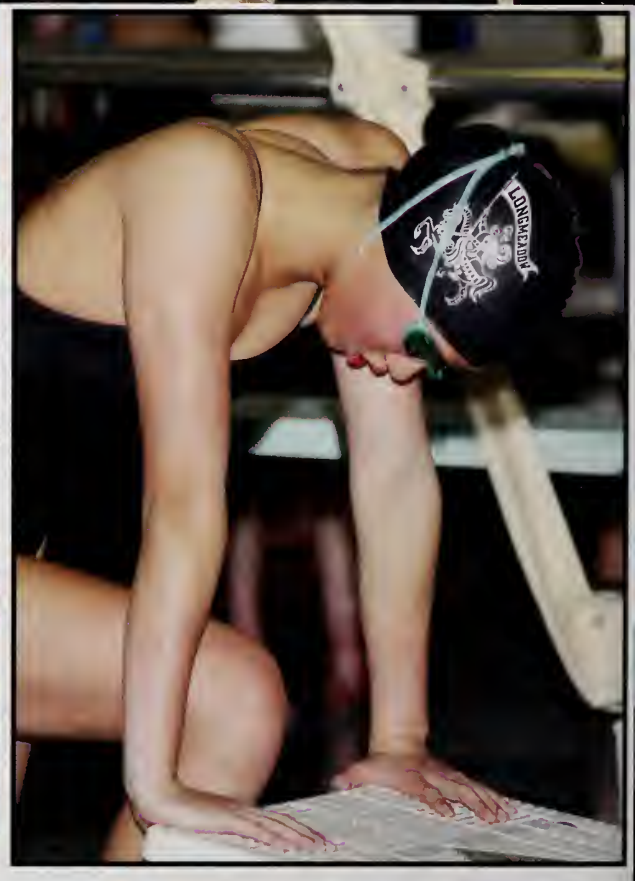
VAIL
LHS SKIING

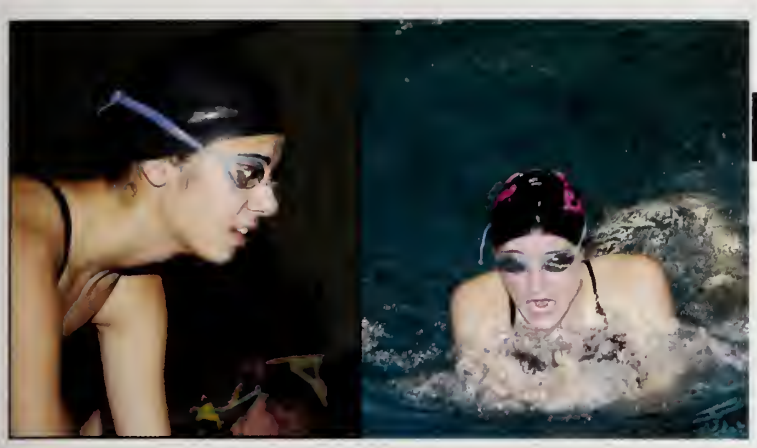

26

LONGMEADOW SKIING



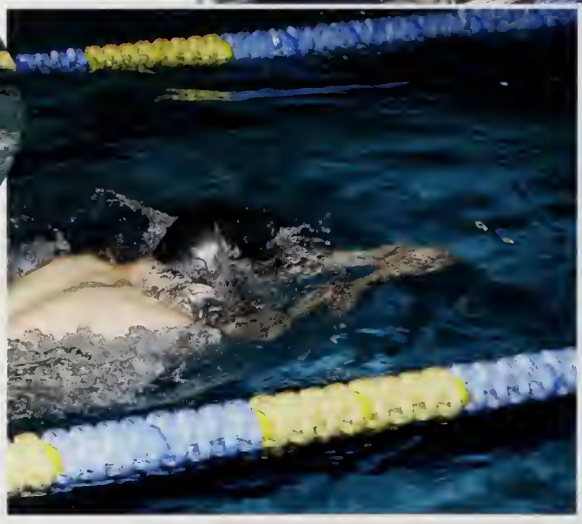

Lady
Lancers


LONGHORN

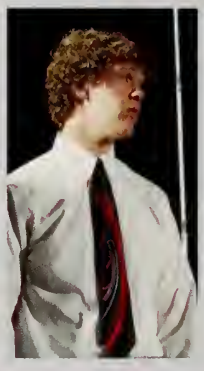


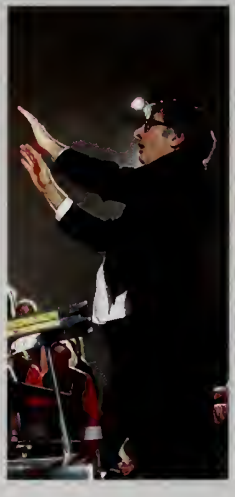
LONGMEADOW GIRL'S SWIM

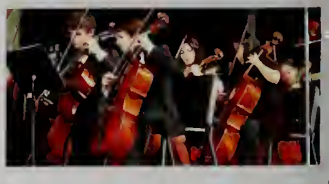
4
5
6



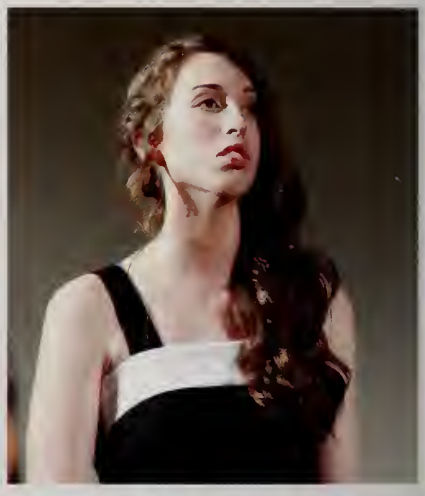
Longmeadow Boy's Swim



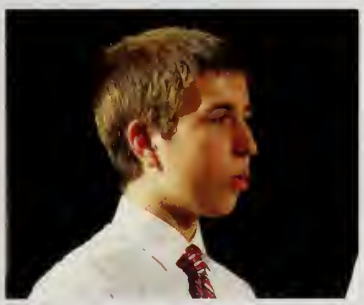


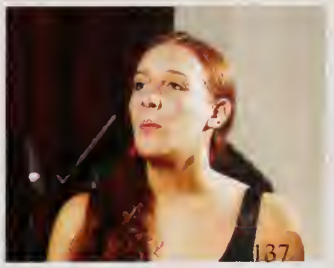


ACCIDENTALS



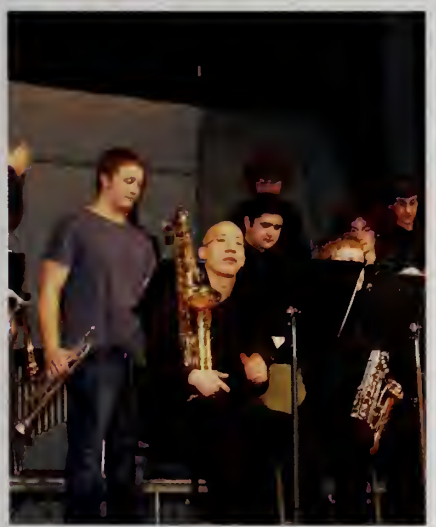
I CANTORI

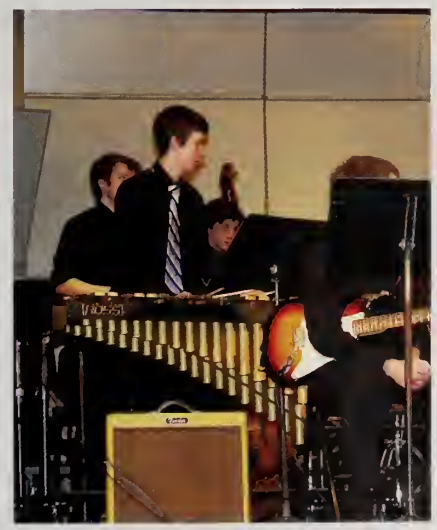




CONCERT BAND

JAZZ ENSEMBLE





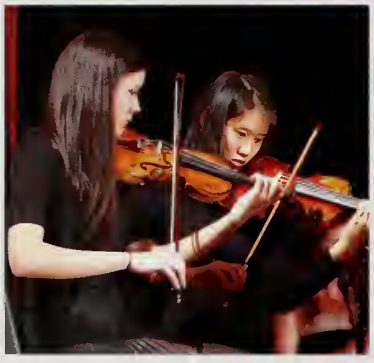
LA CAPELLA

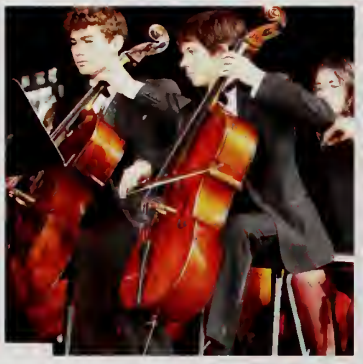
LYRICS

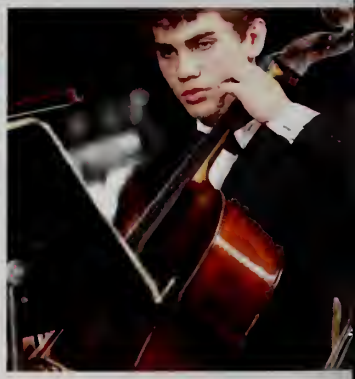
MEN'S CHORUS

WOMEN'S CHORUS

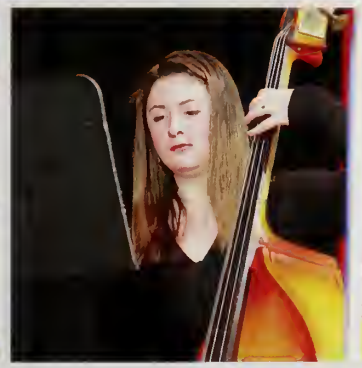
ORCHESTRA

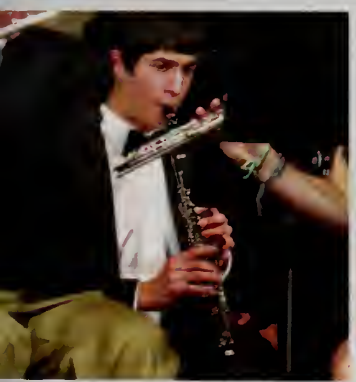


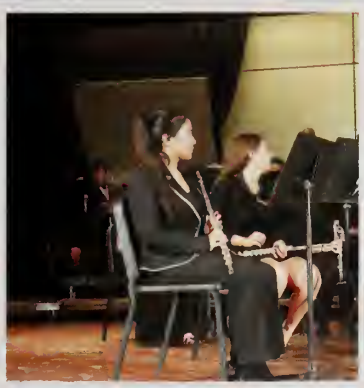




WIND ENSEMBLE

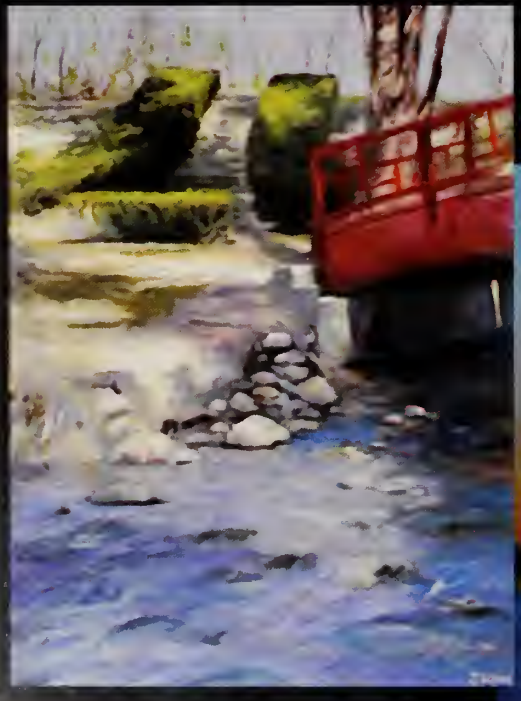




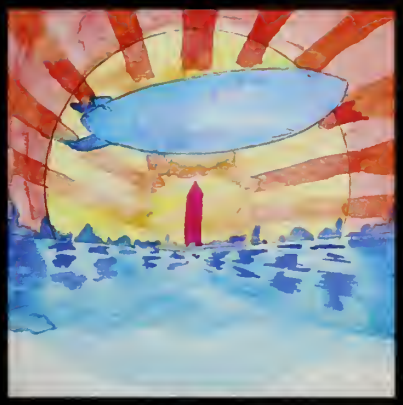


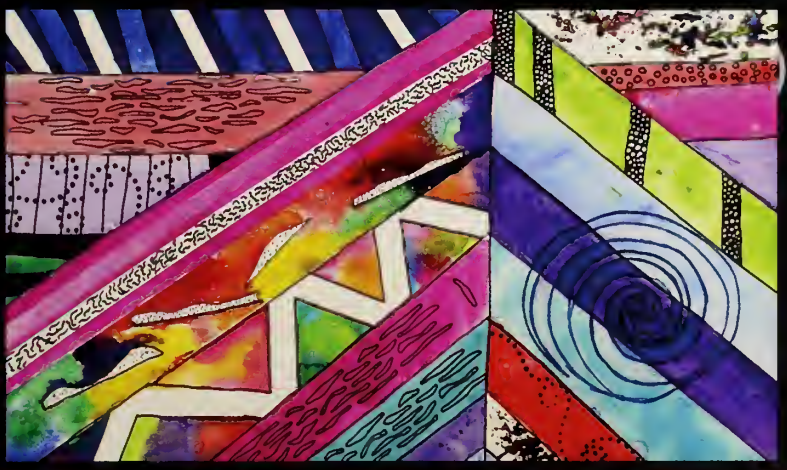
Taylor Gordenstein

Zoe Ochoa



Longmeadow Art





LONGMEADOW CLUBS

PROPERTY

BPA

Impressions

GSA

Yoga Club

Stock Club

Interact Club

NHS

Model UN

Ultimate Frisbee

Math Team

Unity Club

Computer Club

Mock Trial

Latin Club

French Club

Spanish Club

East Asia Club

Art Club

Video Gaming Club

Pottery Club

Masacksic

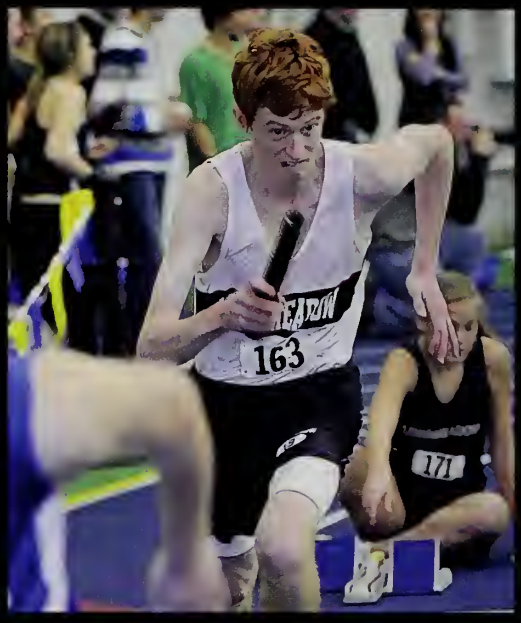
Key Club

Patrick Ahearn:

Indoor Track: 9,10,11,12, Captain
Outdoor Track: 9,10,11,12, Captain
Cross Country: 9,10
Senior Class Play
Peachwave

"I don't want to be a product of my environment, I want my environment to be a product of me." –The Departed

*A special thanks to the yearbook staff for this to replace my lost information.



As you can see from Partick's quote above, sometimes we make mistakes. If we have made any mistakes or misspellings, we are truly sorry. -Your Yearbook Staff

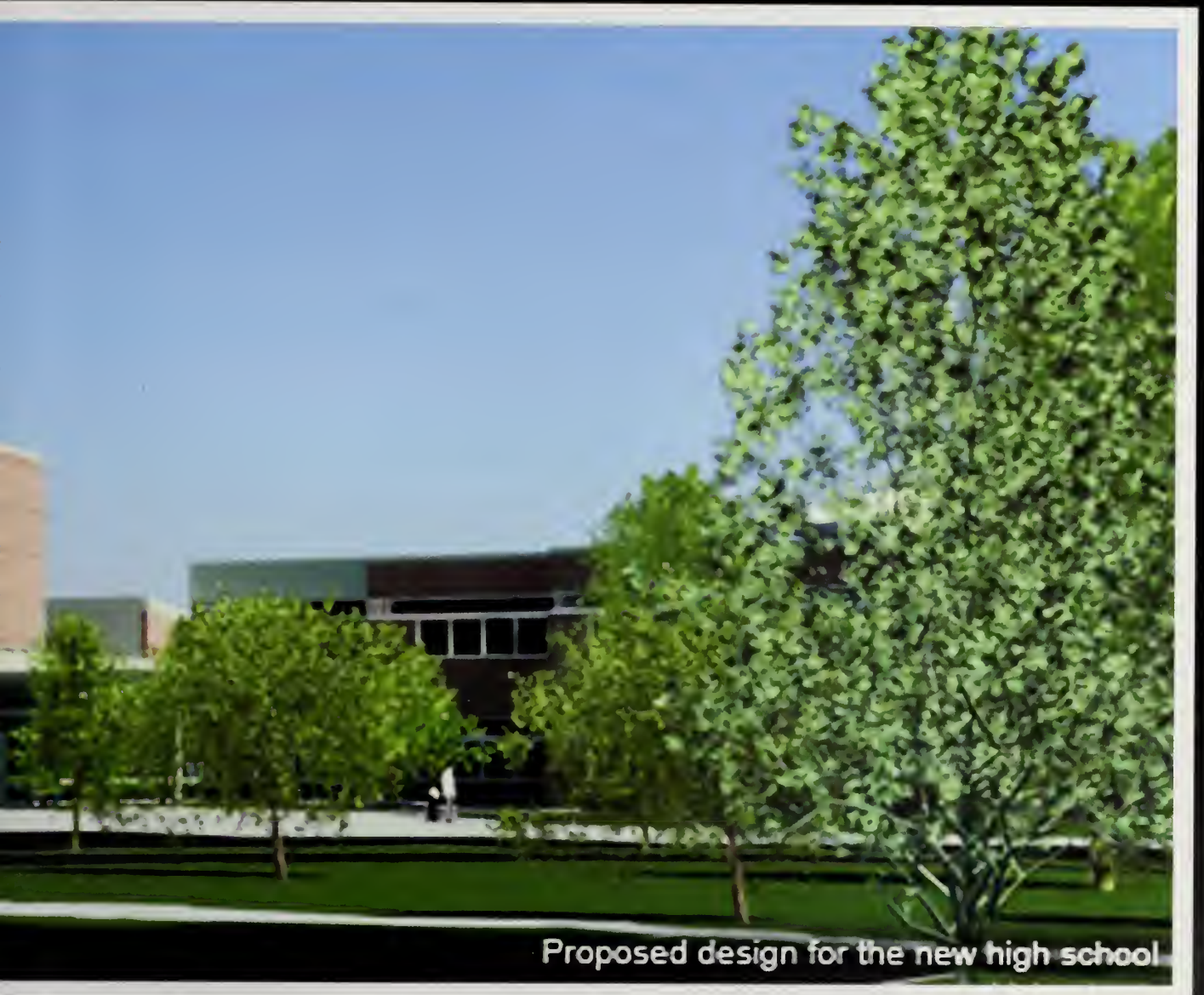
Zoe Piccus-editor
Emily Couture-sports
Matt Cooper-photography
Camryn Boutin-music
Gabby Fernandes
Ariella Jaron

Congratulations to the Class of 2013

and best of luck to all the graduating classes to come

The Gurzenski Family

LONGMEADOW HIGH SCHOOL



Proposed design for the new high school